



SCHOOL BUS DRIVERS NEEDED

First Student Canada
www.firststudentcanada.com

CALL TODAY!
613-234-2287



JOHNNY FARINA
Italian Restaurant
presents
Works by local artists

GALLERY FARINA
UPSTAIRS

216 Elgin St. • 613.565.5155

The world's largest global newspaper

metro



OTTAWA • THURSDAY, OCTOBER 8, 2009

metronews.ca

50-70% off fall travel.
Last day to save.

WESTJET

*Visit westjet.com for details.

Body bag delivery to reserve was an 'overestimation': Health minister

H1N1 A miscalculation by a nurse under pressure to stockpile supplies for the swine flu pandemic caused the bureaucratic bloop that sent dozens of body bags to a remote First Nations community in Manitoba last month.

"It was a clear overestimation and there was no evidence of ill will or deliberate calculations," Health Minister Leona Aglukkaq said yesterday.

The report from a Health Canada probe admits the order for 100 body bags by the nursing station at Wasagamack First Nation — an isolated community of about 1,750 — was "disproportionately high" compared to other stations across the country.

TORSTAR NEWS SERVICE

News on the Move

What's this barcode for?
Learn how to scan the barcode with the instructions at the top of pg 3



SCANLINE

Comment pg 10

Dealing with the turkey dump



On the web

Visit **metronews.ca** for news updates





Ontario Auditor General Jim McCarter releases his report on Ontario's health records at the Ontario legislature in Toronto yesterday. A lack of oversight by the Ontario government allowed consultants to run amok as the province spent \$1 billion in the past decade trying to create electronic health records, a goal that is still years away, McCarter said.

Chaos at eHeath: AG

Facing his toughest crisis as premier, Dalton McGuinty admits a damning auditor general's report blaming a lack of oversight for the \$1 billion eHealth Ontario spending scandal is proof the Liberal government must do a better job of spending public money.

The 50-page probe by Auditor General Jim McCarter paints a picture of chaos in the largely failed 10-year effort to create electronic health records, from a lack of planning before projects began to loose financial controls that padded the wallets of highly paid consultants and picked the pockets of taxpayers.

\$45,720 error went uncorrected

- In one case, the report says, an unidentified consultant on a \$1,300-a-day contract actually billed \$1,500, which went unnoticed until he had been overpaid by \$30,050. But managers decided not to recoup the difference and the overpayment soared to \$45,720 by the end of the deal.

McGuinty said it is clear the government needs to "insinuate ourselves into the activities that are taking place far away from the front lines, because ultimately we're being held accountable for them."

That realization makes him angry, the premier said: "It makes me more

determined to put into place the appropriate measures."

Although many of the problems occurred under Caplan's predecessor, McGuinty said former health minister George Smitherman would remain in cabinet because "the minister who is in place at that time, who's up to bat, accepts responsibility."

The auditor found rules were in place to prevent abuses such as contracts that were not put to competitive bids to get the lowest price, but that those were skirted or ignored at eHealth.

TORSTAR NEWS SERVICE

Now available via Google online search: Your house

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

Internet search giant Google activated the Street View feature of its mapping software in Canada yesterday.

The controversial feature displays a panoramic image of every street in 11 cities across Canada, including Ottawa.

Street View was launched in 2007 and is already available in 13 other countries.

Elliott Stanley, who was visiting Ottawa from Nottingham, England, said Street View has been online there over a year already. "It's useful," he said, "but it's just another example of how everything is accessible now by cameras, whether it's a street camera or Google's cameras."

Google said it has gone to great lengths to ensure people's privacy. It's stated that only images already visible from public roads are displayed online, and identifiable faces and licence plates are blurred.

"If you could see into houses, I'd find that creepy, but right now the objective is just to see the streets," said University of Ottawa student Claire McDonald.

"If I could see the place and I could see landmarks leading up to it then I'd find that pretty helpful."



CANADA'S MOST RELIABLE NETWORK.†

BEST SURFING. START TO FINISH.™

Visit **rogers.com/reliable** for details.

ROGERS

†Most reliable network refers to call clarity and dropped calls (voice) and to session completion rate (data) as measured within Rogers HSPA footprint and comparing with competitors' voice and data 1xEvdo networks. Rogers HSPA network not available in all areas. See rogers.com/reliable for details. ††Rogers, Mobius Design & Best Surfing. Start to Finish. are trademarks of or used under license from or with permission of Rogers Communications Inc. or an affiliate. Google and the Google logo are trademarks of Google Inc. The HTC logo HTC Dream™ are trademarks of HTC Corporation used under license or with permission. All other brand names and logos are trademarks of their respective owners. © 2009 Rogers Wireless.

Free Daily News Group Inc., operating as Metro Ottawa 130 Slater Street, Suite 300, Ottawa, Ontario K1P 6E2. Publisher: Bill McDonald

†Most reliable network refers to call clarity and dropped calls (voice) and to session completion rate (data) as measured within Rogers HSPA footprint and comparing with competitors' voice and data 1xEvdo networks. Rogers HSPA network not available in all areas. See rogers.com/reliable for details. ††Rogers, Mobius Design & Best Surfing. Start to Finish. are trademarks of or used under license from or with permission of Rogers Communications Inc. or an affiliate. Google and the Google logo are trademarks of Google Inc. The HTC logo HTC Dream™ are trademarks of HTC Corporation used under license or with permission. All other brand names and logos are trademarks of their respective owners. © 2009 Rogers Wireless.

AK ANNE KLEIN



\$69.99

The fall cardigan

Reg. \$125-\$135

**PLUS,
40% off**

All other **AK ANNE KLEIN**
women's fall fashions
Off our regular prices.

Selection will vary by store.
Available in our AK Anne Klein
department.

SALE STARTS OCTOBER 8TH UNTIL OCTOBER 15TH

the  ay



Local



Biggest Bake Sale at Billings Bridge

Ottawa's 9th Annual Biggest Bake Sale is holding court at Billings Bridge Shopping Centre on Saturday to help Christmas Exchange and other local community groups raise funds. Ottawa South MP David McGuinty, Ottawa Centre MP Paul Dewar and broadcasting icon Max Keeping will be on hand to help sell the baked goods and to raise funds and awareness for the participating community groups.

METRO OTTAWA



News in brief

Y CAMPAIGN The National Capital Region YMCA-YWCA kicked off a three-year capital campaign yesterday. The campaign, called Strengthening the Heart of Our Community, aims to raise \$15 million to expand the Orleans Y with two new pools, an expanded gym, a kids zone and increased child care and community space. The campaign got a good start yesterday when the Y announced a \$1 million major gift by Ottawa business leader and philanthropist John Ruddy. **METRO OTTAWA**

New Online

Family matters

Everyone hates lawyers — until they need one for a divorce, says our new family law columnist Brahms Siegel. He makes his case for taking legal advice at metronews.ca/familymatters

metronews.ca

What's online today.

Video Garneau is new Liberal point man in Quebec, at metronews.ca/canada

Video Ontario government "should have known" about scandal at eHealth, McGuinty says, at metronews.ca/canada

ADVERTISE TODAY!
1 888 91 metro (63876)

27% blind to online legalities

Many Canadians don't know they're liable for comments: Poll

TRACEY TONG
tracey.tong@metronews.ca



A new survey released yesterday shows that while more Canadians are conversing online, over one-quarter of people believe they aren't legally accountable for their online comments.

Twenty-seven per cent told a TD Insurance poll they believe they aren't legally accountable for their comments on blogs, message boards and social net-

working sites like Twitter and Facebook.

An alarming number of people are ignorant of the responsibility and legal liability, said Klaus Pohle, a professor of journalism specializing in media law at Carleton University.

These problems are fairly new, said Pohle.

"It used to be that publishers were people who published newspapers or broadcast on TV," he said. "If you're a blogger, or use Twitter or Facebook, you're a publisher, and when you're a

m.metronews.ca



Scan this barcode for more Local news on your smartphone. Learn how to scan the barcode with the instructions at the top of this page.

publisher, you're liable. People don't understand that."

The survey, conducted by Angus Reid Strategies last month, showed that 67 per cent of Canadians have posted comments online and 18 per cent regretted

what they posted.

Fifty-three per cent of people shared their opinions about an experience, 52 per cent weighed in with their thoughts on an article, 23 per cent vented frustration about a company or product and five per cent discussed their jobs or employers.

"Most people approach online commenting as though they were chatting in person, completely unaware of the risks they're taking," said Henry Blumenthal, vice-president and chief underwriter at TD Insurance.

Eloquent portraits of 'just' being human

When coming up with a title for Gabor Szilasi's exhibit at the National Gallery of Canada, curator David Harris had to think long and hard.

After coming up with about 50 possibilities, the associate professor at Ryerson University decided on *The Eloquence of the Everyday*.

"He's treated the everyday with an elegance and respect," Harris said yesterday. "This is part of his view of the world and his personality. There is no sarcasm and no judgment, just what it's like to be a human being."

Starting tomorrow, a cemetery in rural Quebec, a street fight, a family standing outside their barn and portraits of artists in their homes will allow the public to see through the eyes of the Hungarian-born Montreal photographer.

When he looks at his own work, Szilasi, 81, said "per-



Montreal photographer Gabor Szilasi talks about his latest exhibit, which spans 50 years of his work, at the National Gallery of Canada. Gabor Szilasi: *The Eloquence of the Everyday* opens tomorrow.

sonal memories, long forgotten, come back."

For the exhibition, which includes 124 photographs taken by the artist over the

past 50 years, Harris divided the exhibit into four parts — the introduction and three geographically based themes, including Hungary,

where Szilasi was born, Montreal, where he's lived and worked since 1959 and his work in rural Quebec.

TRACEY TONG/METRO OTTAWA

Committee OK's change to speed zone policy

TRANSPORTATION Residents hoping to reduce the posted speed limit on their streets may need just 60 per cent of their neighbours on board to have it done.

Yesterday, the city's transportation committee approved an updated speed zoning policy, designed to increase community engagement in the process for setting speed limits in local residential and rural communities.

Initially, the recommended threshold for having the speed limit reduced was 75 per cent.

Kanata North Coun. Marianne Wilkinson asked for that to be reduced to 60 per cent because she said it was almost impossible to get 75 per cent of the residents on one street.

Committee chair and River Ward Coun. Maria McRae said the threshold was too low. "I won't want to be in the 40 per cent of the people who go (away) ... and have the speed limit changed ...," she said.

New residential streets will automatically have the speed limits, with signs to be posted, at 40 km/h. The unposted limit will remain at 50 km/h as set by the province.

TIM WIECLAWSKI/METRO OTTAWA

Lotteries

LOTTO 6/49 2, 4, 12, 24, 36 & 38. Bonus 16.

Ontario 49 5, 16, 18, 21, 25 & 42. Bonus 33.

Ontario Pick 3 2 3 3; **Ontario Pick 4** 9 0 7 7

Encore: 4214085

Daily Keno 11, 12, 14, 16, 20, 21, 22, 28, 30, 31, 35, 37, 39, 41, 46, 49, 54, 60, 64, 70.

These results are not official.

DRINK
STEAM WHISTLE
PILSNER

DO ONE THING REALLY, REALLY WELL.

Carleton University is marking Architecture Week with a display at the National Capital Commission InfoCentre. Architecture and industrial design students developed plans for the old Batawa shoe facility and surrounding village to create a model of sustainable community for the world. **METRO OTTAWA**

Apartment fire being probed

Blaze on Tuesday night left woman with life-threatening burns

TRACEY TONG
tracey.tong@metronews.ca



The cause of a late night fire that left a woman in her 60s with life-threatening burns to over 50 per cent of her body is now under investigation.

A fire broke out in a 10th floor apartment at 330 Queen Elizabeth Driveway

"Upon entering the unit, firefighters discovered one patient who suffered burns."

Platoon Chief Lyle Fraser

just after 11 p.m. Tuesday, said Ottawa fire platoon Chief Lyle Fraser.

Forty firefighters with 16 apparatus were on scene.

The fire, which started in

the living room, was knocked down in half an hour, Fraser said.

"Upon entering the unit, firefighters discovered one patient who suffered

burns," he said.

Paramedics said the victim was transported to the Ottawa hospital burn unit. Paramedics treated two other women, also in their 60s, at the scene. One was transported to hospital in stable condition.

Firefighters estimate the damage to the structure and contents to be \$300,000.

Pedestrian-only road wins committee backing

TIM WIECLAWSKI
tim.wieclawski@metronews.ca



Street where it intersects with York Street.

Closing William Street in that location would also require that the direction of the street be reversed to allow vehicles to exit from a garage to Clarence Street.

William Street in the By-Ward Market took another step toward becoming a pedestrian-only road yesterday.

The city's transportation committee unanimously approved creating a public space at the southern part of William

If approved by council next week, the change would add \$275,000 to the city's 2010 capital budget.

CLARINS THE RIGHT TO CHOOSE

ONLY AT THE BAY

On now until October 17th, 2009

With the purchase of any two CLARINS products, one of which is skin care, you will get to choose a **FREE** 2-week supply of CLARINS skin care products adapted for your skin type (**Value up to \$70***).

*One gift per person while quantities last. Values are based on our per mL and/or g price for regular-sized products.

YOUR CHOICE:



ASK FOR YOUR 2ND GIFT!

Reveal your beauty with a **FREE** 20-minute discovery treatment. Book your appointment with your Clarins beauty advisor.



For your purchase, may we suggest:
CLARINS Multi-Active Skin Renewal Serum 30 mL \$63

PLUS, ONLY AT THE BAY WITH YOUR CLARINS GIFT, RECEIVE A
15% OFF SAVINGS CARD†
on women's fashions by JONES NEW YORK Collection, Signature & Sport fall fashions. Off our regular prices.

the Bay

SuiteDreams.com

IMPRESS YOUR GUESTS

Cartier Place
SUITE HOTEL

Downtown
Ottawa

TRAVELERS' 2008 CHOICE
www.tripadvisor.com

613-236-5000

Look great. Feel great. Lose weight.

FIRST **9 WEEKS**
FOR **\$99**

Lose up to **20 lbs, guaranteed!**

Call for your free, no-obligation consultation
1-800-254-4895

*See in-store for details. Offer available until October 31, 2009. Herbal Magic © 2009. All rights reserved.

Herbal Magic
WEIGHT LOSS & NUTRITION CENTRES

WWW.MARTYRDOM.CA

Martyrdom of the Great One, The Canadiana Martyrdom Series, Diana Thorneycroft, 2005

2009 ARTISTE EN RÉSIDENCE
DIANA THORNEYCROFT
2009 VISITING ARTIST

OTAWA SCHOOL OF ART
ÉCOLE D'ART D'OTTAWA

THE CANADIANA MARTYRDOM SERIES

Canada Council for the Arts
Conseil des Arts du Canada

†Redeemable only at the Bay until Oct. 15th, 2009. Offer excludes Jones New York Luxe and Jones New York Sport with 99¢ price endings. This offer is valid only with your Clarins Right to Choose promotion purchase.

FOR MORE INFORMATION GO TO WWW.SALEEVENT.CA

Neutrogena
Visibly Different
Moisturizer

Aveeno
Positively Smooth
Moisturizer

Listerine
CoolMint
Mouthwash

Visine
Eye Drops

Products may not be exactly as illustrated

Infant To 6x Brand Name Clothing Clearout!

 **kushies**
baby bummies
Premie to 24M

 **absorba**
0/3, 3/6, 6/9 M

 **Levi's**
3/6 M to 6x
New For This Sale 7-16

 **CAT**
GM to 6x

KIDS BOOKS **plus more**

Save up to 75%

Brought to you by:  **THE CW Kids**
Brought to you by CW Children's
SUPERSALE

- BURBERRY
- CK
- LACOSTE
- HUGO BOSS
- DAVID BECKHAM
- BABY PHAT
- GIVENCHY
- DAVIDOFF
- TOMMY HILFIGER
- J.LO
- RALPH LAUREN
- HUMMER
- ELIZABETH ARDEN
- OSCAR DE LA RENTA
- ELIZABETH TAYLOR
- PERRY ELLIS
- VERSACE
- DIESEL
- GUESS
- PHAT FARM
- PARIS HILTON
- BRITNEY SPEARS



NEW FALL ARRIVALS!

70%

UP TO OFF

RETAIL PRICE

Men's and Women's Casual and Dress Apparel



| | | |
|---|--|---|
| <p>CAMBRIDGE TOWEL</p>  <p>FACE CLOTHS 6 FOR \$5</p> <p>HAND TOWELS 6 FOR \$10</p> <p>BATH TOWELS 3 FOR \$15</p> <p>BATH SHEETS 3 FOR \$27</p> | <p>Brand Name Watches</p>  <p>60%-70% OFF</p> <p>MSRP</p> <p>One Year Factory Warranty</p> | <p>Bath Décor Designer Ensembles</p>  <p>UP TO 70% OFF</p> <p>Towels Shower Curtains Shower Hooks Bath Rugs</p> <p>Ceramic Accessories And Much More</p> |
|---|--|---|

FOR MORE INFORMATION GO TO WWW.SALEEVENT.CA

Canada



Paper bailout gets support: Poll

A slim majority of Canadians would support a government bailout of the newspaper industry, a new poll suggests. The Canadian Press Harris-Decima survey — conducted before one of Canada's biggest media conglomerates received partial bankruptcy protection this week — also found that 87 per cent of respondents believe newspapers play an important role in the news media.

THE CANADIAN PRESS

Parliament **Bad math**



Minister of Health Leona Aglukkaq speaks during question period on Parliament Hill yesterday. A Health Canada probe into why dozens of body bags were sent to a Manitoba reserve recently said the large order was the end result of bad math.

Man files abuse suit on Catholic districts

COURTS A Nova Scotia man has filed a lawsuit against two Roman Catholic districts alleging years of sexual abuse suffered at the hands of a pastor linked to the same diocese at the centre of an historic settlement for victims who made allegations of sexual assault.

In a statement of claim filed with the Nova Scotia Supreme Court, Philip Latimer alleges he was sexually molested by Rev. Allan MacDonald for four years when he was a pastor in the small seaside community of Havre Boucher.

The lawsuit names as defendants the archdiocese of Halifax and the diocese of Antigonish, the same district at the centre of the landmark sexual abuse settlement negotiated by Bishop Raymond Lahey, who is facing child pornography charges in Ottawa.

The alleged abuse started when Latimer was 11 years old and serving as an altar boy in the staunchly Catholic diocese of Antigonish, which until recently was overseen by Lahey who was charged last month with importing and possessing child pornography in Ontario.

Claim

• The 22-page claim details the abuse allegedly suffered by Latimer as a boy at the hands of MacDonald, who has since died but was described in the court document as "well-known and highly trusted" in the area.

"The plaintiff was deprived of a normal childhood and adolescence as a result of the actions or inactions of the defendants," asserts the document filed by the London, Ont., law firm handling the case.

"The plaintiff has suffered a tremendous loss of enjoyment of life and ongoing pain and suffering. His ability to carry in a normal life has been extinguished or impaired," it continued.

THE CANADIAN PRESS

Scientists decode breast cancer DNA

Canadian study offers hope for medical mystery

In a world first, Canadian scientists have decoded all three billion letters of DNA in a breast cancer tumour and identified the mutations that caused the cancer to spread.

The landmark study by researchers at the B.C. Cancer Agency is a major step towards unravelling the mysteries of how cancer begins and what makes it move to other parts of the body.

"I never thought I would see it in my lifetime," co-principal investigator Dr. Samuel Aparicio, head of the agency's breast cancer research program, said of the ability to decode the breast tumour's DNA.

Aparicio said the DNA-mapping should help researchers develop new breast cancer treatments based on the genetic makeup of both primary and metastatic tumours.

The B.C. team sequenced the genome of a patient's original breast tumour and one that arose in her pleural cavity (between the lungs and chest wall) nine years

later.

When the researchers looked at DNA in cells from the tumours, they were able to tease out 32 mutations — or spelling mistakes — among the three billion-letter alphabet of the genome. Only five of the mutations were present in the original tumour. "And there were 19 of

Lab on a chip

• Canadian researchers have developed a "lab-on-a-chip" device that measures estrogen from samples of blood and tissue — a technology they believe could one day be used to more quickly assess risks of developing breast cancer.

the mutations that we just didn't see (in the original tumour)," said Aparicio.

"So what that told us was the tumour had evolved considerably from the primary to the eventual metastasis nine years later."

He said the discovery has big implications for the development of new cancer drugs, which may need to be designed to deal with the various genetic mutations.

"What the new approaches are leading us to now look at are can we associate mutations in the tumours with the response to drugs?"

THE CANADIAN PRESS

UNTANGLE LIFE'S CHALLENGES



DIAL

211

Connecting you to a full range of non-emergency community, social, government and health services

• FREE • CONFIDENTIAL • MULTILINGUAL
• OVER 150 LANGUAGES
www.211ontario.ca

Khadr file ruffles feds: Notes

POLITICS The Harper government has taken a keener interest in the simmering Omar Khadr file than it publicly lets on, newly obtained documents indicate.

The Conservatives have repeatedly rebuffed calls to bring the Toronto-born teen home from a U.S. military prison, saying American proceedings against Khadr must run their course.

But it seems much more has been happening behind the scenes.

Records obtained under the Access to Information Act show federal officials

sent at least five diplomatic notes to the United States about the Khadr case over a one-year period shortly after the Tories took office.

Officials also buttonholed a visiting U.S. diplomat to raise concerns in January 2007, expressed frustration at lack of access to court documents, and weighed the legal aspects of subjecting Khadr to judicial proceedings in Canada.

Khadr, 22, is being held by the Americans at Guantanamo Bay, Cuba.

THE CANADIAN PRESS

Muslim group calls for ban on niqab, burka

LOBBY Middle Eastern garments designed to cover a woman's face are "medieval" and "misogynist" symbols of extremism with no basis in Islam, a Canadian Muslim lobby group said yesterday as it urged Ottawa to ban the burka and the niqab.

The Muslim Canadian Congress called on the federal government to prohibit the two garments in order to prevent women from covering their faces in public — a practice the group said has no place in a society that supports gender equality.

"To cover your face is to conceal your identity," spokeswoman Farzana Hassan said, describing the issue as a matter of public safety, since concealing one's identity is a practice for criminals.

There is nothing in any of the primary Islamic religious texts that requires women to cover their faces, she said. "If a government claims to uphold equality between men and women, there is no reason for them to support a practice that marginalizes women."

THE CANADIAN PRESS

m.metronews.ca



Scan this barcode for more Canada news on your smartphone. Learn how to scan the barcode with the instructions at the top of pg 3

Montreal **Workers unite**



Montreal blue-collar workers are joined by public workers from across the country during a demonstration yesterday in Old Montreal. The workers were joined by union members across the country in support of better municipal services.

Senators 'gutted' bill: Justice minister

Justice Minister Rob Nicholson is angry that Senators have amended a piece of sentencing legislation after it passed the Commons. Nicholson said the amendments, which must still be voted on by the full Senate, "basically gutted the bill." **THE CANADIAN PRESS**

canada 7

Stelmach: I'm not meddling

PROTESTS Alberta's premier is standing by comments that the judicial system is coddling Greenpeace protesters who disrupt oil-sands operations.

But Ed Stelmach denies he's meddling in the justice system.

Stelmach lashed out on the weekend when 16 Greenpeace protesters were arrested after demonstrating at a plant near Edmonton.

Stelmach says he is only standing up for what many Albertans believe.

THE CANADIAN PRESS

News in brief

CRIME A Newfoundland ferry received a bomb threat yesterday. The Atlantic Vision was docked in Port aux Basques and preparing to sail to North Sydney, N.S., when a threatening letter was found in a washroom, indicating a bomb would go off. The ferry was evacuated, but no bomb was found. **THE CANADIAN PRESS**

Parliament Hill Iggy's favourite Quebecers



Liberal Leader Michael Ignatieff pats Quebec MP Pablo Rodriguez on the back on Parliament Hill yesterday after he was elected as chair of the Quebec caucus. With them, is former astronaut Marc Garneau, who will become Ignatieff's point man in Quebec.

Driver who killed five sent to jail

CRIME A truck driver who killed five people when he smashed into the back of a car at an intersection showed no emotion as he was sentenced yesterday to eight years in prison.

Daniel Tschetter, who

was convicted of five counts of manslaughter, will serve no more than five and a half, however.

A Calgary court heard Tschetter was speeding and driving his massive truck erratically in 2007.

Witnesses said they saw him throw a vodka bottle into the back of his truck after the crash.

Two adults and three children, including a toddler, were killed.

THE CANADIAN PRESS

City sued in Games protest

Activists angry over bylaw

VANCOUVER

2010 Games

Two anti-Olympic activists are suing the city of Vancouver over a bylaw that will limit protesters to specific areas during the 2010 Winter Games.

The bylaw prevents anyone who isn't licensed to do so from carrying any signs or handing out any materials on or near Olympic venues.

It also limits their activities within specified protest zones.

"When they say that I can't do anything that would interfere with someone's enjoyment of the Games, they've basically put the so-called 'right to party' and the IOC's rights, ahead of my own," said Chris Shaw.

Shaw filed the court action yesterday with Alissa Westergard-Thorp, of the

"We're pretty comfortable our bylaws will withstand the test."

Geoff Meggs, Vancouver councillor

Olympic Resistance Network.

"There's no such thing as the right to party at the expense of other people in the Charter of Rights and Freedoms."

Shaw, a University of British Columbia professor and author, said the bylaw violates the charter to produce "a sanitized, protest-free Games." The pair say they plan to criticize the Olympics while the Games are on with leaflets and posters and by selling T-shirts and other apparel.

City councillor Geoff Meggs said: "We're pretty comfortable our bylaws will withstand the test."

THE CANADIAN PRESS

Lust Conquers All.

The 2010 Chevrolet Camaro. Standard 304 horsepower, V6 engine. Plus you get the best coverage in Canada – 5 Year/160,000km powertrain component warranty including roadside assistance and courtesy transportation.[†] And if you don't love it, our 60-Day Satisfaction Guarantee lets you bring it back.[‡] Put us to the test against anyone. And may the best car win. Visit chevrolet.gm.ca.



CHEVROLET
MAY THE BEST CAR WIN.



Chevrolet Camaro

[†]Whichever comes first, see your dealer for details. [‡]Return between 30-60 days with less than 4,000km. Vehicle usage fee and other restrictions apply. Take retail delivery by 11/30/09. *Chevrolet is a brand of General Motors of Canada, the Official Vehicle Partner of the Vancouver 2010 Olympic and Paralympic Winter Games. TM © 2009, VANOC. Used under Licence.



NASA says the chances of a 270-metre-long asteroid striking Earth in 2036 have been downgraded. Scientists initially believed there was a one-in-45,000 chance that Apophis could hit the planet on April 13, 2036. But NASA said yesterday the threat has been dropped to one-in-250,000 after it recalculated the asteroid's path. **THE ASSOCIATED PRESS**

World



Astronaut love triangle takes a turn

Attorneys for a former astronaut will get another chance to question a romantic rival she allegedly drove 1,600 kilometres to confront. Lisa Nowak, left, is accused of attacking Colleen Shipman in a Florida airport parking lot two years ago. Shipman had begun dating Nowak's love interest, former space shuttle pilot Bill Oefelein. An Orlando judge ruled yesterday that Nowak's attorneys could depose Shipman for a second time to determine if she was actually touched by pepper spray during the confrontation. **THE ASSOCIATED PRESS**

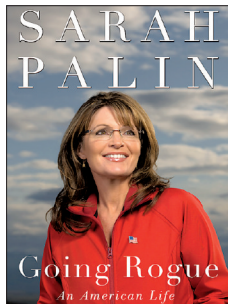
Palin's grassroots popularity haunting key Republicans

She's poised to become a bestselling author in the U.S., has a devoted base of conservative supporters and is considered a front-runner to lead the Republicans into the next election in 2012 — and yet key party strategists are tormented by the popularity of Sarah Palin.

The very notion of a Palin candidacy has been derided by some of the brightest minds in the Republican party.

"Were she to be the nominee, we could have a catastrophic election," Steve Schmidt, John McCain's presidential campaign manager last year, said recently.

He was backed by Mike Murphy, a Republican me-



Sarah Palin's book, *Going Rogue: An American Life*, is atop the Amazon charts.

dia consultant who also made a point of chastising Schmidt for his role in Palin's rise to prominence to begin with.

"Steve Schmidt correct

Canadian selling Palin-signed Xbox

Palin's star quality is undisputed — a Canadian is so confident of her popularity that he's selling an Xbox 360 autographed by her for \$1.1 million US on eBay. Albertan David

about Sarah Palin and '12," Murphy said by way of his Twitter feed. "Shame he didn't feel same way a year ago when he was lobbying McCain to choose her as VP."

Yet from her unlikely pulpit — Facebook — Palin is getting her message out on everything from U.S. health-care reform and energy while assailing President Barack Obama for his position on Afghanistan.

Morrill's listing features photos of Palin signing the gaming console in July, two days before her surprise announcement that she was stepping down as Alaska's governor.

Many of her 900,000-plus friends on the social networking site are cheering her every word.

THE CANADIAN PRESS

m.metronews.ca



Scan this barcode for more World news on your smartphone. Learn how to scan the barcode with the instructions at the top of pg 3

Bragging about sex earns man 5 years, 1,000 lashes

SAUDI ARABIA A Saudi court yesterday convicted a man for publicly talking about sex after he bragged on a TV talk show about his exploits, sentencing him to five years in jail and 1,000 lashes, his lawyer said.

Talking about sex publicly is a taboo in ultraconservative Saudi Arabia.

Sulaiman Al-Jumeii maintains that his client, Mazen Abdul-Jawad, was duped by the Lebanese LBC satellite channel which aired the talk show and was unaware in many cases he was being recorded.

The program, which aired July 15 in Saudi Arabia, scandalized the country where such frank talk is

The crime

The TV program, called Bold Red Line, began with Mazen Abdul-Jawad, dubbed a "sex braggart" by the media, describing the first time he had sex at 14. He then led viewers into his bedroom, dominated by red accessories, and then shows off blurred sex toys.

rarely heard in public. Some 200 people filed legal complaints against Abdul-Jawad.

The Saudi government moved swiftly in the wake of the case, shutting down LBC's two offices in the kingdom.

THE ASSOCIATED PRESS

NATO chief calls on U.S. for more

AFGHANISTAN America's allies risk eroding NATO's trans-Atlantic defence pact if they do not contribute more to the Afghan mission, Anders Fogh Rasmussen, the alliance secretary general, said yesterday. Fogh Rasmussen said there must be a "fair balance" between what the U.S. does and what its allies do, but that Washington currently sees no such balance.

THE ASSOCIATED PRESS

Berlusconi defiant, says he won't resign

ITALY Prime Minister Silvio Berlusconi says he will not resign even though a top Italian court has overturned an immunity law that would shield him from a corruption trial in Milan.

Berlusconi told reporters outside his Rome residence that he felt "invigorated" after the rul-

ing. He said, "We go ahead," and any trial against him is a "farce."

The Italian constitutional Court said yesterday that the immunity law was unconstitutional, paving the way for the corruption proceedings against Berlusconi to resume.

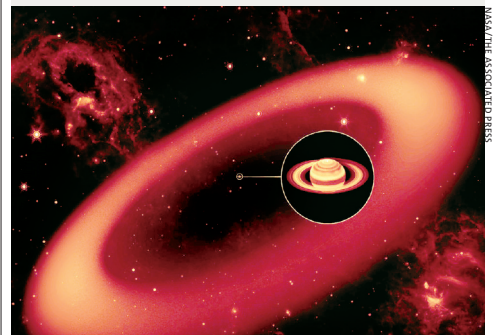
THE ASSOCIATED PRESS

News in brief

NOBEL Two Americans and an Israeli won a Nobel Prize in chemistry yesterday for creating detailed blueprints of the protein-making machinery within cells, research that's being used to develop new antibiotics. Venkatraman Ramakrishnan, Thomas Steitz and Ada Yonath of Israel will split the \$1.4 million award. Yonath, 70, is only the fourth woman to win the Nobel chemistry prize and the first since 1964.

THE ASSOCIATED PRESS

Saturn Another, bigger ring



This rendering from NASA shows the biggest but never-before-seen ring around Saturn, spotted by NASA's Spitzer Space Telescope. The inset shows an enlarged image of Saturn. The bulk of the ring starts about six million kilometres away from the planet and extends outward another 12 million kilometres.



"I'm suffering through the recession too. Why do I have to help the big TV networks weather the storm?"

Why in these tough economic times are the big TV networks like CTV and Global asking the CRTC to impose a TV tax of up to \$10/month on every cable and satellite subscriber in the country? Aren't these the same networks that made hundreds of millions of dollars in operating profit last year alone?

Come on Canada. Make your voice heard.

STOPtheTVTAX.ca



School cellphone ban sought in France

France's Senate wants to forbid children in primary and middle schools from using cellphones. **THE ASSOCIATED PRESS**

world 9

Scuba murder trial opens in Caribbean

Rhode Island man accused of killing wife

A prosecutor opened the trial of a Rhode Island man yesterday by accusing him of killing his wife while scuba diving in the British Virgin Islands to pursue a romance with another woman.

The director of public prosecutions in this British territory, Terrence Williams, said that David Swain knew a divorce would ruin him financially and he believed money from his wife's life insurance policy would help him win over his love interest.

Civil suit

In the civil suit, Shelly Tyre's parents accused her husband David Swain of killing their daughter because he was ro-

maning another woman and because the couple's prenuptial agreement denied him money if they divorced.

"That dive was for this new woman," Williams told the nine-person jury.

The 1999 drowning of Shelley Tyre, 46, was initially ruled an accident. But authorities in the British Virgin Islands later charged Swain with murder after a 2006 Rhode Island civil trial found him

responsible. Federal U.S. agents arrested Swain at his Rhode Island dive shop in November 2007 and he was extradited to Tortola.

Swain maintains his innocence and his defence lawyer has said they will show the drowning was a "tragic accident."

THE ASSOCIATED PRESS

Crime ring made nearly \$10K a day

NEW YORK A crime ring raked in about \$10,000 a day by manufacturing credit cards with numbers purchased illegally from overseas websites, committing mortgage fraud and staging car accidents and auto thefts to collect insurance payouts, U.S. prosecutors said yesterday.

Thirteen people were indicted on 261 counts including enterprise corruption, identity theft, real estate fraud, credit card fraud and conspiracy to commit automobile insurance fraud, prosecutors said. The U.S. Secret Service collaborated with Brooklyn prosecutors on the 18-month investigation.

THE ASSOCIATED PRESS

Afghanistan The plight of children



Zubaida, an Afghan girl, holds her sister in Jalalabad, Afghanistan, yesterday. Eight years after the fall of the Taliban, most Afghan children still don't attend school and face the prospect of a life of poverty no different from their parents.

AP/WIDE WORLD

News in brief

DINOS Paleontologists in France have reported the discovery of some of the largest dinosaur footprints ever documented,

measuring about 1.4 metres to 1.5 metres in diameter.

PHONES Cellphone subscriptions around the world

are expected to reach 4.6 billion this year and will likely continue to grow rapidly, says a UN report. **METRO NEWS SERVICES**

Canadian Real Estate Investment Group Presents...

How to use your RRSPs to Make Money Today!

Featuring Highly Sought Out Mortgage Broker from Eminence Financial Inc. (Lic# 10431)

Don't wait to reap the rewards of your RRSPs!
Learn how to profit passively with your RRSPs via mortgages today!

SEATING IS LIMITED!

October 17th 2009

9:00am to 5:00pm

Southway Inn, 2431 Bank Street, Ottawa

"Get started in real estate passively & take your portfolio to the next level!"

Only \$499^{CDN}

(GST Included)

Must RSVP by

October 9th, 2009!

YOU DO NOT WANT TO MISS THIS APPLIED KNOWLEDGE SESSION—ONE DAY ONLY!

**CALL 1-613-686-4724 or
EMAIL Ottawa@canreig.com
TO REGISTER**



STILL overpaying for your Home Phone Line?

HOME PHONE LINES ALL FEATURES FREE!

| ENHANCED | UNLIMITED CANADA | ONE-RATE | GLOBAL |
|---|---|--|--|
| \$14.95 /MONTH UNLIMITED LOCAL CALLING | \$19.95 /MONTH UNLIMITED CALLING TO CANADA | \$29.95 /MONTH UNLIMITED CALLING TO CANADA & U.S.A. | \$39.95 /MONTH UNLIMITED CALLING TO 25 COUNTRIES! |
| ALL FEATURES FREE | ALL FEATURES FREE | ALL FEATURES FREE | ALL FEATURES FREE |



- Caller ID
- Voicemail
- Call Forwarding
- Call Waiting
- Keep Your Existing Phone Number



FREE

Cordless Phone System with your Comwave Home Phone



**3 Handset
Cordless Phone System**

- Interference free
- VoiceMail Indicator
- Speaker Phone
- Caller ID/Call Waiting

**Call Comwave Today
For our
Guaranteed Lowest
Long Distance Rates**

**NEW LOW RATE
INDIA**

2.9
¢/min

**Comwave will remain open on Thanksgiving,
Monday October 12th for your convenience**



comwave 613-216-6096

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911. The Global Home Phone plan and is limited to 3000 minutes per month. Excess minutes used will be billed at 3.99 cents per minute. The rates are based on a 3 year term. Satisfaction Guaranteed within 90 days. If you are not 100% satisfied, you may cancel your home phone service no questions asked. By accepting the free cordless phone set, you commit to a 3 year term and waive the Satisfaction Guarantee period. Coupon must be redeemed in 120 days from date of activation. Terms and conditions apply. See www.comwave.net for details.

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

Comment

Embrace breakups

Relating

Sofi Papamarko

metronews.ca/papamarko

You've only just begun university, but you're already a superstar. You've gotten the hang of classes, joined intramural basketball and made new friends. Your roommate is awesome. Your long-distance relationship is going well. University life is just a big fluffy cakewalk with vanilla frosting and a million cherries on top.

Until you head home for Thanksgiving.

"Listen," he says. "We need to talk."

It's called the Turkey Dump. Like the delicious fowl for which it is named, the Turkey Dump is a clumsy and vicious beast. And you are now among its casu-

alties.

Once upon a time, high school sweethearts married as a matter of course. This has since become something of an anomaly; only the strongest of high school relationships can withstand post-secondary education.

Let's face it: colleges and universities are essentially alcohol-fuelled sex buffets. Lectures and assignments fit in there someplace, sure, but for the most part, you've got a small geographical area crammed with thousands of open-minded young people who have recently acquired a taste for freedom. And tequila.

Not to suggest that campus life is a modern-day version of Sodom and Gomorrah. Post-secondary students are generally intelligent

On the web

For more views on relating, go to Love Bytes at metronews.ca/blogs

and responsible — that's how they got there in the first place. It's just that they're surrounded by a lot of eye candy. A lot of beer. A lot of flirting. And if they are in a relationship, a lot of temptation. (Nobody brings a sandwich to a buffet.)

"Attending university is a developmental transition," says Dita Everett, clinical psychologist at the University of Toronto. "It is a period of greater autonomy both academically and socially, and such autonomy invites an exploration of identity."

Many have argued that we only come to know ourselves through our relationships

with others, and this is a time for experimenting in that arena."

Everett encourages students who are having difficulty dealing with the end of a relationship to make full use of the resources available to them.

"(It's) important to normalize and to anticipate the kind of emotions that students often feel in the aftermath of a breakup," Everett says. "Supporting and exploring such feelings through counselling is an entirely appropriate use of a university counselling service."

Maybe the dreaded Turkey Dump is a blessing in disguise. It gives the freshly single student the opportunity to focus on their studies, get to know new people and learn about themselves. And that's what higher education is all about.

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.



MARC GARNEAU ENTERS ANOTHER HOSTILE ENVIRONMENT:



Worth mentioning

Pull sex-workers out of 'killing fields': Lawyer

Courts must move swiftly to protect sex trade workers in the face of government inaction and horrific crimes on Canada's streets,

argued that sex workers must be allowed to work indoors in a place of their choosing, around people they trust.

the Ontario Court of Justice has been told.

"Working on a dark street exposes you to the most misogynistic and psychopathic people on the planet," Os-

goode Hall law professor Alan Young argued yesterday in the first major attack on Canada's prostitution laws in a generation.

Young said that the situations on many Canadian streets are nothing less than "killing fields," and

"This (violence) is not stopping," Young said.

"I'm not using a histrionic device."

As Young made his arguments, his client, dominatrix Terri-Jean Bedford,

49, blended in with lawyers in the back of the University Avenue courtroom, dressed in a conservative business suit. She is challenging the constitutionality of the federal laws on prostitution.

TORSTAR NEWS SERVICE

Views

Finding role models off the beaten path



Melinda Mattos

Broad Minded

Growing up feminist comes with its own unexpected challenges.

My parents raised me in a bedroom wallpapered with "Girls Can Do Anything" posters, never daydreaming aloud about my wedding or future grandkids. Being smart always trumped being pretty, and they weren't the least bit fazed when I grew up to be a hard-drinking, foul-mouthed journalist.

But as my 20s roll to an end and I watch yet another one of my friends get married, I have to admit I'm freaking out about my future.

I have more opportunities available to me than my mother or grandmother did, and I'm thankful for the hell-raising my feminist forebears did to provide this, but some days it feels like I'm idling in front of 800 on-ramps, all headed in different directions.

Without the guaranteed personal landmarks of past generations — you meet a nice man, you get married, you have children — it's easy to feel lost and overwhelmed by choices. While I wouldn't trade my personal freedoms for a cookie-cutter future, I'd kill for a better sense of direction.

A few weeks ago, the media was buzzing about a University of Pennsylvania study called "The Paradox

of Declining Female Happiness," which suggested that over the past 35 years, as women's opportunities have increased, their happiness level has decreased. If this study is accurate, it's likely because women are still expected to be the primary caregiver at home, nurturing a spouse, children and aging parents, while holding their own in the boardroom.

But what about those of us who are unmarried and childless and don't do it all? What's our excuse?

I think part of it is a lack of female mentorship. I had to laugh this weekend when I read Caitlin Moran's column in U.K. paper The Times, where she admitted she found more inspiration in bad-ass Courtney Love than she

did in any of history's great women. (Moran writes, "I needed a hero who'd repeatedly done incredibly embarrassing things, yet had signally failed to die of mortification.")

Though I wouldn't recommend Love as a role model, I do like the idea of connecting with women so far off the beaten path that they seem to have forgotten there ever was a path.

So I'm giving myself some homework: Find women who are blazing their own trails and let their successes, failures and adventures fuel my own.

I'll let you know how it goes.

Melinda Mattos is a Toronto-based writer, editor and co-founder of feminist teen magazine Shameless (www.shamelessmag.com).

We Know What You're Thinking

56%

The number of Canadians who support abolishing the Canadian 1-cent piece, the penny.



IPSOS REID

Tell us your views by email to ottawaleaders@metronews.ca or comment on metronews.ca or on Twitter @metroottawa

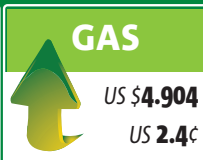
Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

Electric car more than pipe dream with Nissan launch

Nissan's new electric car will be launched in Canada in 2011, beginning with British Columbia, the company announced Tuesday. The Leaf will be powered solely by electricity, but will have the performance of a V6 family car without the greenhouse gas emissions, according to the Japanese automaker. **THE CANADIAN PRESS**

11

Business



EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Bankers owe world an apology: HSBC

The chairman of banking group HSBC says bankers owe the world an apology.

Stephen K. Green, speaking in an interview with BBC television broadcast yesterday, said the world cannot do without banks, but that bankers need to learn the lessons of the financial crisis that has rocked the world's economy.

And the most important task for their directors, he said, is to promote a culture of ethics and integrity.

"I think the change in the public perception of the industry is entirely understandable. The banking industry has not covered itself in glory to say the least, and indeed the industry collectively owes the real world an apology for what has happened, and it also owes the real world a commitment to learn the lessons," he said.

Some of those lessons "are about governance and ethics and culture within the industry," said Green, who is also a Church of England priest.

"You can't do all this simply by setting rules and regulations, you have to expect the leadership in the industry to nurture a real culture of ethics and integrity and that's actually a continuing priority, perhaps the greatest priority of all as far as I am concerned for the boards of banks," he added.

THE CANADIAN PRESS

m.metronews.ca



Scan this barcode for more Business news on your smartphone. Learn how to scan the barcode with the instructions at the top of pg 3

Nortel asset deal in works

COMMUNICATIONS Ciena Corp. is offering cash and stock worth \$521 million US to acquire some of fallen technology giant Nortel Network Corp.'s most prized businesses units, intellectual property and employees.

The deal covers substantially all of the Nortel Optical Networking and Carrier Ethernet businesses, including the rights to technology that enhances the speed and capacity of current fibre optic networks by as much as 10 times.

Ciena has agreed to offer jobs to at least 2,000 employees.

"This is a unique and exciting opportunity for us to accelerate our existing strategy and the pace of our growth plans by two to three years," Gary Smith, Ciena's CEO and president, said in a statement.

However, there's no guarantee the deal announced yesterday won't change, since Ciena's offer will be used as an opening bid for an auction by Toronto-based Nortel under supervision of court.

THE CANADIAN PRESS

ShareYourViews

ottawalatters@metronews.ca

JOHN D. QUOC CHINESE MEDICINE, Acupuncture & Massage Clinic

JOHN. D. Quoc DTCM., C.A.C., D.A.C., B.S.C., B.Ph., D.N., D.O.
 • Over 30 years clinical experience & research • Disposable Needles •
 Dr. of Acupuncture Specialist • Pharmacist • Osteopath • Naturopath • Massage Therapist
 Former Professor at Saigon Medicine/Pharmacy University, Vietnam

FREE CONSULTATION

RECOMMENDED FOR:
 Kidney Stones, Sciatica, Frozen Shoulder, Facial Paralysis, Tennis Elbow, **Fybromyalgia**, Whiplash, Arthritis, Crohn's Disease, Insomnia, Allergic Rhinitis, **Migraine**, Asthma, Hypertension, Diabetes, Gastritis, Chronic Fatigue, **Back Pain**, Stroke, Heart Problems, Impotence, Menopausal Syndrome, Depression...etc.

Vanier Medical Centre 292 Montreal Rd., Vanier
613 263 0063 • 613 276-7750

Business in brief

FEES Ottawa will forgive \$450 million owed by the broadcasters and the cable industry in return for a new funding structure that would see them pay up to \$100 million a year. The feds said yesterday it will not

seek about \$450 million held in escrow by the broadcasting industry on fees the industry had been disputing. In return, the industry has agreed to discontinue its court action.

COURT PROTECTION Canwest

Global may be in the midst of drastic restructuring measures to cope with a crippling debt and punishing economy, but viewers won't see signs of those woes in the company's TV programming, content

chief Barb Williams insisted yesterday. Global TV is among the Canwest assets seeking creditor protection as its parent company struggles with a \$4-billion hole.

THE CANADIAN PRESS

Lee® M.R.

**\$29.99**

Men's LEE denim jeans

Reg. \$44.99-\$59.99

\$24.99

Men's LEE casual pants

Reg. \$44.99

FRIDAY, OCTOBER 9TH - THURSDAY, OCTOBER 15TH

the Bay

Sports



Crabtree ends holdout

The San Francisco 49ers and receiver Michael Crabtree, left, have agreed to a six-year contract after several months of difficult negotiations. Terms of the deal were not disclosed. The 10th overall draft pick had balked at an offer of five years and \$20 million US, instead seeking money comparable to higher draft picks.

THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONews.CA

Roy given discharge

HOCKEY An on-ice assault case that served as a lightning rod in the national debate on fighting in hockey ended yesterday when a judge granted the son of NHL legend Patrick Roy an absolute discharge.

Jonathan Roy

The sentence means ex-goaltender Jonathan Roy will have no criminal record and allows the budding singer to pursue his musical dreams in the United States. Roy, 20, caught people off guard by pleading guilty just as his two-day trial on a charge of assault was set to begin.

THE CANADIAN PRESS

Tavares gives Isles buzz

Much-hyped rookie makes Canadian NHL debut tonight

NHL PREVIEW

Islanders at Senators



Having successfully dealt with The Monster in Toronto, the Senators now switch their focus to a monster talent from the Toronto area.

Tonight, rookie John Tavares of Oakville, Ont., plays his first game on Canadian soil since being selected first overall in last June's NHL draft when the New York Islanders visit Ottawa (Rogers Sportsnet East, 7 p.m. ET).

It's the home opener for the Senators and adding to



John Tavares and the New York Islanders take on the Ottawa Senators tonight.

the hype is that it comes against the most-talked about up-and-comer since Sidney Crosby arrived in the NHL with the Pittsburgh Penguins in 2005.

"Yeah, we've heard a lot about him for sure in the last couple of years," Senators defenceman Chris

Phillips said yesterday after practice. "He did a lot in juniors and it'll be exciting to watch him but at the same time, hopefully (we'll) keep him off the scoreboard."

Normally a visit from the Islanders wouldn't cause much of a buzz, but

it's a different story this year with the addition of Tavares. He has been in the public eye since he was granted exceptional player status at age 14 to begin his major junior career in the Ontario Hockey League.

THE CANADIAN PRESS

Sports in brief

FORMULA ONE Robert Kubica will drive for Formula One team Renault from 2010, replacing Ferrari-bound Fernando Alonso and partner Romain Grosjean of France. The 24-year-old from Poland, who has driven for BMW Sauber since 2006, was a contender for last year's F1 championship.

CIS AWARDS Guelph field hockey player Brienne Stairs and Manitoba ice hockey player Steve Christie were named Canadian Interuniversity Sport athletes of the week yesterday.

METRO NEWS SERVICES

m.metronews.ca



Scan this barcode for the most recent Sports updates on your smartphone. Learn how to scan the barcode with the instructions at the top of pg 3

Pursue your academic goals

while your kids score their goals.

AU student Kathy in Brussels, Ontario, Canada

Fit your degree into your schedule with Athabasca University.

■ At Athabasca University, flexible study times mean you can spend time with your family, work at your job, and pursue your education as well. ■ That's exactly what AU student Kathy is doing. She works full-time in the HR field, and is also pursuing her AU Bachelor of Human Resources and Labour Relations degree. ■ Kathy fits in her study time at home at night, during her kids' sporting events, and even completed an essay during her vacation while sitting around the pool. ■ Academic flexibility. Another reason why AU stands out as a global leader in distance learning excellence.

standout www.athabascau.ca
1-800-788-9041

Athabasca University

NOVEMBER 5 • HUMAN RIGHTS MONUMENT • 12:00PM

DROP FEES

FOR A

POVERTY FREE ONTARIO

5 Novembre • Monument pour les droits de la personne • 12H

À BAS LES FRAIS

POUR UN

ONTARIO SANS PAUVRETÉ

Unaffordable college and university
Crumbling healthcare infrastructure
Expensive transit systems
Inadequate public housing & childcare
With 1.3 million people in Ontario living in Poverty, it's time to Drop Fees and invest in a Poverty Free Ontario

Des collèges et universités inabordables
Des infrastructures de soins de santé qui se dégradent
Des transports en commun trop chers
Du logement et des services de garderie publics inadéquats
Environ 1,3 million de personnes en Ontario vivent dans la pauvreté; il est temps de baisser les frais de scolarité et d'investir dans un Ontario sans pauvreté.

Canadian Federation of Students
Fédération canadienne des étudiantes

Grant returns to Portsmouth

Avram Grant has returned to Portsmouth as director of football. The former Chelsea manager had a spell with the club alongside Harry Redknapp before moving on to Stamford Bridge in 2007. Portsmouth is last in the Premier League after losing its first seven games. **THE ASSOCIATED PRESS**

sports **13**

Lee dominant in playoff debut

MLB PLAYOFFS

Colorado 1 Philadelphia 5



Cliff Lee pitched like an ace instead of a post-season rookie.

Lee dominated the Colorado Rockies, tossing a six-hitter, and the Philadelphia Phillies began their World Series title defence with a 5-1 victory in their playoff opener yesterday.

Raul Ibanez had two hits and two RBIs, and Ryan Howard and Jayson Werth

drove in runs with key extra-base hits off 15-game winner Ubaldo Jimenez.

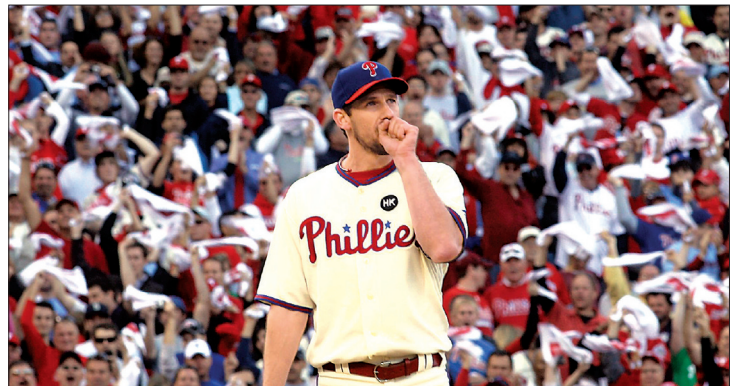
Lee, the reigning AL Cy Young Award winner, struck out five and had no walks in his first career playoff start. He retired 16 straight batters at one point until Garrett Atkins hit a wind-blown double in the seventh. Lee lost his shutout when Troy Tulowitzki doubled in a run with two outs in the ninth.

Game 2 of the best-of-five series goes today with Cole Hamels, last year's World Series MVP, on the mound for the Phillies against Colorado's Aaron Cook.

Yankees 7 Twins 2 — Derek Jeter and CC Sabathia got the New York Yankees off to a winning post-season start in their new ballpark. Even Alex Rodriguez broke out of his playoff rut against these tired Minnesota Twins.

Jeter tied it with a two-run homer, Sabathia was the ace the Yankees signed him to be, and New York romped over the Twins 7-2 in the opener of their playoff series. **THE ASSOCIATED PRESS**

For results of yesterday's late game between the Cardinals and Dodgers, visit: metronews.ca/sports



Philadelphia starting pitcher Cliff Lee waits to throw to a Colorado Rockies batter as fans cheer him on during the ninth inning of Game 1 of their playoff series. The Phillies won 5-1.

New Jays GM says he'll deal with clubhouse communication issues

BLUE JAYS New Blue Jays general manager Alex Anthopoulos acknowledges there was a breakdown in communication on the team and plans on doing something about it.

He said the situation, at the very least, needs some tweaking.

"It's fair to say that when Alex Anthopoulos, Toronto GM

Early last Friday, reports surfaced that up to half the players were upset with manager Cito Gaston's old-school style and his perceived negativity.

"It will all tie into a philosophy of what we're trying to build here."

"I have certain beliefs and thoughts that I'd like to implement, and it will all tie into a philosophy of what we're trying to build here."

As details emerged, it became clear that several parties contributed to the souring of the clubhouse — Gaston for a lack of communication, players for failing to speak up, and coaches for not conveying the players' frustration to the manager.

Before putting his plans into action, Anthopoulos has to sit down with team ownership, a meeting he says will take place this week. **TORSTAR NEWS SERVICE**

Browns trade troubled Edwards to Jets

FOOTBALL The New York Jets have reached an agreement with the Cleveland Browns to acquire troubled receiver Braylon Edwards.

The Jets sent wide receiver Chansi Stuckey, linebacker Jason Trusnik and undisclosed draft choices to the Browns yesterday to acquire the deep threat they had been lacking. Edwards, in his fifth season, has 10 receptions for 139 yards.

Edwards is also dealing

with off-field issues as the NFL is investigating whether he violated the league's conduct policy following accusations he assaulted a man outside a nightclub.

Edwards allegedly punched promoter Edward Givens, a friend of NBA star LeBron James, early Monday morning following an argument in downtown Cleveland.

THE ASSOCIATED PRESS

Sports in brief

SOCCER At a conference in London yesterday, FIFA vice-president Jack Warner called for the introduction of a salary cap in soccer and the widespread introduction of technology. The CONCACAF president also openly questioned whether the number of players on the field should be reduced to 10 and the penalty area made smaller.

FOOTBALL Eagles quarterback Donovan McNabb was back at practice yesterday and says he'll be in the starting lineup when Philadelphia plays Tampa Bay on Sunday. McNabb has been out since breaking his rib in the season opener. He missed two games before the Eagles had their bye this past weekend.

METRO NEWS SERVICES

KICKOFF To Calgary

WIN 1 OF 6 TRIPS TO
CANADA'S BIGGEST GAME

INCLUDES TWO TICKETS TO THE GAME, AIR FARE,
THREE NIGHTS HOTEL AND \$500 (CAD) CASH

GET A BALLOT EVERY FRIDAY
5 PM - 11 PM. OCT. 2 - 30, 2009

This Is Your Ticket In.

REDEEM this coupon at OLG Slots at Rideau Carleton Raceway Winner's Circle Rewards Desk
For one (1) Kickoff To Calgary contest ballot every Friday from OCT. 2 - 30, 2009 between 5pm and 11pm.

Know your limit
Play within it
knowyourlimit.ca

OLG Slots at Rideau Carleton Raceway
4837 Albion Road
Ottawa, Ontario K1X 1A3
(613) 822-8668 or 1-877-870-7586
Open 24 hours a day, 7 days a week.
olg.ca

**OLG
Slots**
AT RIDEAU CARLETON RACEWAY
Your mini holiday.

*Must be 19 years of age or older. Valid government-issued photo identification may be required. No purchase necessary. See Winner's Circle for complete rules and regulations. Contest closes Oct. 30, 2009, 11pm. Must be present at time of grand prize draw to win (if applicable). Odds of winning depend on number of eligible entries received. Pour renseignements en français, adressez-vous à un des représentants de Récompenses du Cercle des gagnants.

To manage the cash flow in your small business, invoice promptly and follow up on overdue invoices immediately; ask customers to pay cash for their purchases; and consider cash discounts for early payment of invoices. **NEWS CANADA**

Jobs & Training

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

Health care is an almost recession-proof field. Regardless of how the economy is going, people still get sick, and with a rapidly aging population, it's a growing field as well.

While a career in the health-care field is attractive and trained professionals are in high demand, just taking the courses can be a highly competitive process.

Anyone hoping to become a physician is facing long odds to get into medical school at the University of Ottawa.

Last year, 3,269 students applied for just 145 positions, according to the Ontario Universities' Application Centre.

"People enrolled in the program are interested in science and math, but they also have a basic desire to personally help and like to be with people."

Marlene Tosh

Those who graduate from the program will reap tremendous benefits. In 2001, average gross payments to all physicians in Ontario was \$240,096.

In Ottawa, most other careers in the field will, at some point, pass through Algonquin College and the four-year registered nursing degree program the university offers. Students registered in that program split their time between the university, the college and on the job at hospitals and other care facilities in the city.

The college also offers a

two-year practical nursing diploma and a one-year personal support worker program.

Graduates from all three programs are in high demand around Ottawa to fill in positions in nursing homes, hospitals and home care.

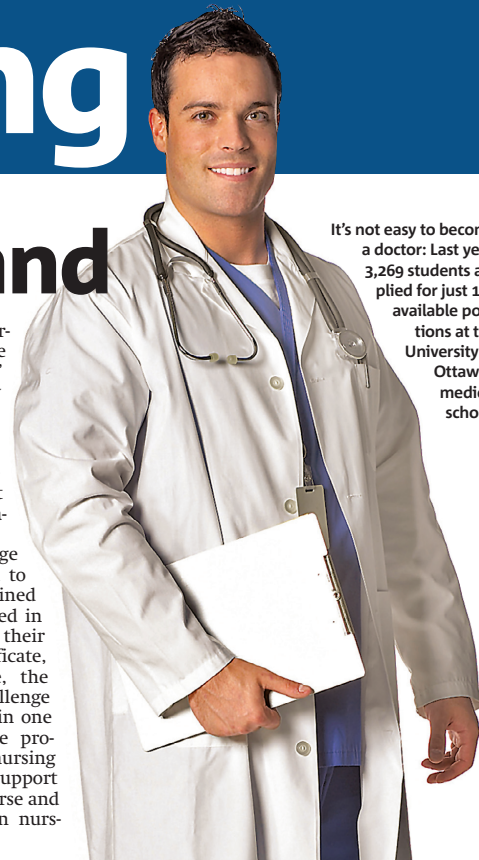
"It's not a career for everyone, and we offer different levels of entry," said Marlene Tosh, chair of specialty nursing programs at Algonquin College. "Generally, people enrolled in the program are interested in science and math, but they also have a

basic desire to personally help and like to be with people."

Tosh said they have bridging programs to help students move forward if they've taken one program and want to further their career.

She said the college also has a program to help foreign-trained nurses get re-certified in Ontario. To obtain their corresponding certificate, diploma or degree, the nurses have to challenge the course content in one of three health-care programs related to nursing practice: personal support worker, practical nurse and the baccalaureate in nursing.

It's not easy to become a doctor: Last year, 3,269 students applied for just 145 available positions at the University of Ottawa's medical school.



Get involved, take on new projects to stand out in workplace

Canadians from coast to coast are concerned about job security, but Ontarians are bearing the brunt of the unemployment storm. With Ontario's unemployment rate higher than the national average, many Ontarians are reassessing their job security.

Here are five strategies from the experts that can help you weather the economic storm.

Stand tall

"Some people try to hide from the storm," says Michael Mayne of Catalyst Careers, a career consulting company that caters to pro-

fessionals. "They say, 'If they don't notice me, they can't fire me.' Of course, that's the exact opposite of what they should be doing."

Mayne counsels professionals to add value to their organizations. "Stand tall in the economic storm," he urges. "Take on new projects. Get involved."

Measure your success

It's not success if it can't be measured. That's why career advisers counsel clients to quantify their achievements. Accountants should track the money they saved their clients.

Lawyers should track their billable hours.

"And if it so happens that you're let go despite your best efforts," says Michael Mayne, "a record of your achievements will make it easier to be hired elsewhere."

Develop your people skills

"What separates the wheat from the chaff when the axe begins to fall?" asks leadership expert Merge Gupta-Sunderji. "People skills, that's what." She cites a good attitude, an open mind and the ability to work with others as essential skills.

"It is essential that professionals develop their people skills. When an employer has to choose between two people with equal skill sets, the person who can work most effectively with others is the one who is most likely to survive."

Keep current

Bernie Keim, a certified general accountant and the vice-president of member services at CGA Ontario, advises professionals to commit to a program of professional development. "A commitment to lifelong learning will enhance anyone's job security," says Keim, "by distinguishing you in the eyes of employers."

Keim adds that another benefit of professional development is the opportunity to network. "It's a proven fact that the majority of jobs are found through networking. Seminars and conferences are a great way to renew acquaintances and make new contacts."

Pursue a designation

The silver lining in any economic downturn is that some sectors and positions are sheltered from the storm. Scotiabank economist Adrienne Warren, who correctly forecasted that Canada's unemployment rate would rise to 8.5 per cent in 2009, says professionals such as account-

ants, engineers and lawyers will likely come out of the recession unscathed. "A lot of those high-quality jobs are likely to be in strong demand in the coming year and decade," says Warren.

"Employers recognize the value of retaining an employee who is pursuing a professional designation," says Doug Brooks, CGA Ontario's chief executive officer, "because the skills you learn in a program such as the CGA program of professional studies will add value to your organization today. That helps not only you, but your employer also, to weather the storm."

NEWS CANADA



ESCUELA
EXTENSION
CANADA
UNAM

PRIVATE AND GROUP

Spanish, English and
French courses

ALL YEAR-LONG

Would you like to improve your
language skills in a
customized program that suits
your personal needs?

Is your schedule complicated
and difficult to accommodate?

WE HAVE THE SOLUTION!!

THE UNAM OFFERS:

COURSES TAILORED TO YOUR PERSONAL NEEDS

GROUP PROGRAMS FOR SPECIFIC PURPOSES

COMPETITIVE SINGLE AND GROUP RATES QUALIFIED NATIVE TEACHERS

55, Promenade du Portage

info-courses@unameseca.com

819-777-8626

www.unameseca.com

YOU HAVE IT IN YOU!

Train now for a career in:
**Health Care, Business
Social Work**

Classes Starting Soon

Trillium College

1-866-401-3761

www.trilliumcollege.ca

Taking over

In this economy, some business owners want out at any cost, so you could acquire an entire business (along with property, leases, equipment and personnel) and run it more successfully in a better growth period. **NEWS CANADA**

Ready, set, brew! Barista contest rolls out

ANDREA WOO
for Metro Canada

As a relatively new barista, Rob Kettner trained extra hard for the 2009 Western Regional Barista Championship in August.

"I'd be making 100 cappuccinos a night," said Kettner, a Victoria, B.C., resident who worked as a coffee roaster for three years before becoming a barista in May. "I'd say I was drinking 20 to 30 espressos a night at the peak of my training. The pressure of learning how to do this competition ... and drinking that much caffeine turned me into a bit of a crazy person."

The hard work paid off, though: Kettner placed fourth, and was bumped up to third after that barista had to pull out of the competition. Kettner will now compete in the 2009 Canadian Barista Championship, taking place Oct. 14 and 15 at the Vancouver Convention Centre as part of the Canadian Coffee and Tea show.



Vancouver native Sammy Piccolo, left, winner of last year's Canadian Barista Championship in Montreal, with Raymond Chartrand, representative for event sponsor Krups.

A total of 16 participants — 12 regional placers and four randomly selected wild cards — will have 15 minutes to make 12 beverages: four espressos, four cappuccinos and four signature drinks of their own creation. In addition to taste and presentation, judges will look at technical skills and station cleanliness.

The winner gets flight and hotel to London, to compete in the 2010 World Barista Championship.

Chris Tellez of Collingwood, Ont., took first place in the Central Regional Barista Championship. He says station cleanliness and staying calm were among the harder challenges for him.

"Making sure you're comfortable with what you're doing is probably harder," he said.

"I mean, you're putting on a bit of an act, but if you can make it feel as natural as possible, that definitely comes through."

He adds that while there's a strong sense of camaraderie among the baristas, the competitions

Don't miss the final

These regional winners and wild cards will compete against each other at the 2009 Canadian Barista Championship at the Vancouver Convention Centre on Oct. 14-15.

Wild cards

- Josh Hockin, Transcend Coffee (Edmonton)
- Michael Tam, Phil & Sebastian (Calgary)
- Luc Spicer, Café Neve (Montreal)
- Sameer Mohamed, Toi, Moi & Café (Montreal)

Central

- Chris Tellez, Espresso Post (Collingwood, Ont.)
- Sam James, Sam James Coffee House (Toronto)
- Momiji Kishi, Dark Horse Espresso Bar (Toronto)

Eastern

- Anthony Benda, Café Myriad (Montreal)
- Cliff Hansen, Bridgehead (Ottawa)
- Alex Scott, Café Myriad (Montreal)

Western

- Kyle Straw, Caffé Artigiano (Vancouver)
- Spencer Viehweger, JJ Bean Coffee (Vancouver)
- Rob Kettner, Fernwood Coffee Company (Victoria, B.C.)

Prairies

- Ben Put, Phil & Sebastian Coffee (Calgary)
- Joel May, Fratello Coffee (Calgary)
- Chad Moss, Transcend Coffee (Calgary)

can be tense.

"It's an interesting dichotomy between incredibly nerve-wracking and a lot of fun," he said.

Vancouver native Sammy Piccolo is the winner of last year's national competition. He says the

event is what each competitor makes it.

"If all you care about is winning, then it's not going to be fun," he said. "If you're loose and prepared, it can be fun and exciting, with a lot of joking around."

Small business sees improvement

The second quarter of 2009 in Canada was far more productive than first expected, according to a recent national poll of small business owners.

Nearly three-quarters (74 per cent) of respondents stated that their business situation has held steady or improved in the past three months. When surveyed in the first quarter of the year, only 26 per cent expected to see this improvement so quickly. More small businesses are reporting an improvement now (39 per cent) rather than a decline (26 per cent), a reversal from the previous quarter. The survey, commissioned by Staples Canada with Angus Reid Strategies, was conducted through online interviews with owners and executives of small businesses with up to 50 full-time employees across Canada.

"While we must remain cautiously optimistic, this increased confidence in businesses — and in the Canadian economy — is certainly a positive sign," says economist Dana Peterson at Citibank Canada. "The entrepreneurial nature of small businesses means that they are often better able to react quickly to changing economic conditions. We also see that small businesses are usual-

ly better at withstanding economic turbulence and can serve as harbingers for change on a bigger scale."

The second quarter survey also revealed a shift in how Canadian small businesses are coping with the current economic conditions.

In the first quarter, 55 per cent of owners and executives said they expected

to cut operational costs to remain viable. In the second quarter, however, cutting costs was down to 49 per cent. Conversely, 34 per cent are coping by expanding their business (up from 29 per cent in March) and 34 per cent are also expanding skill sets, up from 26 per cent who planned to do this in first quarter.

NEWS CANADA

Centre Linguistique du Collège de Jonquière

*fait parler le monde
gets the world talking*

**FRENCH/ENGLISH
Language Training Services**

Preparation for Public Service Commission's Official Languages Tests

A Great Track Record for helping clients achieve their language training goals.

- Personalized private, semi-private and group courses, full-time and part-time
- ACE Teaching Certificate Course
- French Immersion Programs Jonquière
- English Immersion Programs in Ottawa

Contact us: www.languages-jonquiere.ca

Downtown Ottawa Tel: 613.566.7004 or 1.866.566.7004
E-Mail: cl.ottawa@cjonquiere.qc.ca

Carling Ave. Tel: 613.722.6111 E-Mail: cl.carling@cjonquiere.qc.ca

Gatineau Tel: 819.777.9393 E-Mail: cl.gatineau@cjonquiere.qc.ca

JOB CONNECT Need A Job?

Our skilled and qualified Employment Consultants are here to assist you on a one on one basis and connect you with employers who are hiring NOW.

- ✓ Are you between 16 and 24 years old
- ✓ Not in school or not working Full-time
- ✓ A resident of Ontario
- ✓ Not receiving employment insurance

Visit our Resource Room at 71 Bank Street 5th Floor TODAY to get yourself started on the right path to employment.

Job Connect, St. Lawrence College
71 Bank Street 5th floor (Spark St Mall & Bank)
(613) 232-0022 ext 1621 & 1601

Monday to Friday 8:30-4:30 pm (Wednesdays open till 6pm)

**EMPLOYMENT
ONTARIO**
Ontario's employment & training network

St. Lawrence College

16 5-year fixed mortgage rates
PROVIDED BY RATESUPERMARKET.CA
Rates may vary by province; check RateSupermarket.ca for the best rates in your area.

| BMO | CIBC | HSBC | ICICI | ING | RBC | Scotia | TD | Broker |
|-------|-------|-------|-------|-------|-------|--------|-------|--------|
| 5.49% | 5.49% | 5.79% | 5.85% | 3.99% | 5.49% | 5.49% | 5.55% | 3.69% |

RateSupermarket.ca
Canada's rate comparison website



Metro Homes

Lost Garden

Create your own indoor oasis with the colourful flowers and vines embroidered onto this Lost Garden pillow. Anthropologie, \$88, anthropologie.com.

EMMA YARDLEY/FOR METRO CANADA

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

5-year variable mortgage rates
PROVIDED BY RATESUPERMARKET.CA

| BMO | CIBC | HSBC | ICICI | ING | RBC | Scotia | TD | Broker |
|-------|-------|-------|-------|-------|-------|--------|-------|--------|
| 2.25% | 2.25% | 2.50% | 3.50% | 2.35% | 2.25% | 2.25% | 2.25% | 2.20% |

Fit for a Pharaoh

EMMA YARDLEY
for Metro Canada

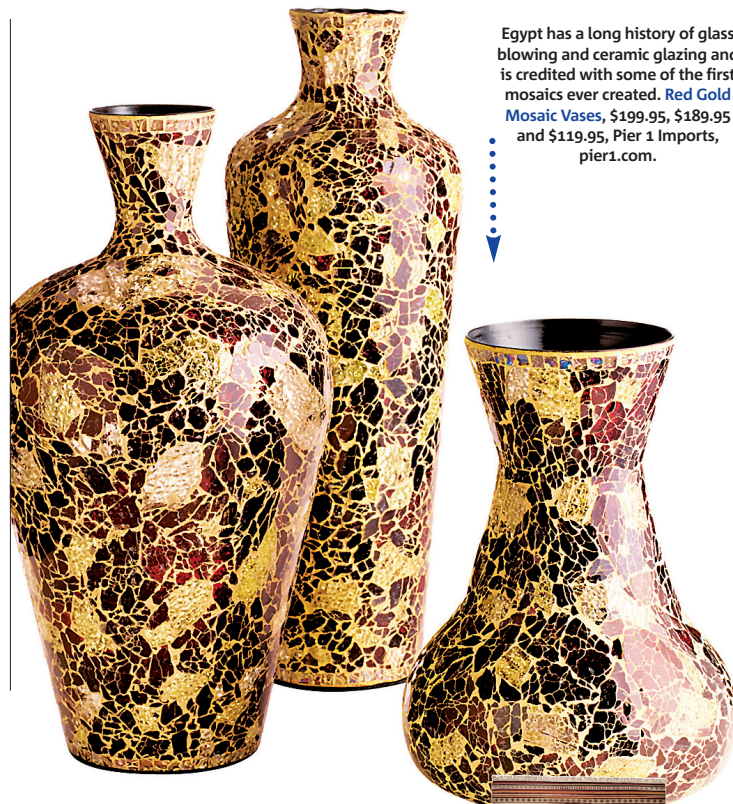


It's safe to say that King Tutankhamen never imagined that 3000 years after his death the contents of his tomb would spark a major trend in the European decor world.

"Ancient Egyptian style differed ... in its love of nature and of colour, and in a gentle, dignified sensuality that seemed to embrace all aspects of life," says Gayle Gibson, a teacher in the Royal Ontario Museum's education department.

"Their elegant, gentle, somewhat effete style, free use of fine polished woods, gold and silver, and deep, vivid colours, had a powerful effect on Art Deco in the Twentieth Century."

Those sensibilities are still present in Egyptian interior decorating today but have been infused with elements from classical European design and traditional Arabic influences. This unique combination makes modern Egyptian home decor both exotic and wonderfully familiar.



Egypt has a long history of glass blowing and ceramic glazing and is credited with some of the first mosaics ever created. Red Gold Mosaic Vases, \$199.95, \$189.95 and \$119.95, Pier 1 Imports, pier1.com.



It's not hard to imagine lounging on this plush set in an Egyptian tearoom sipping on a cup of sweet chai with mint leaves. Armchair, \$599.99, Couch, \$799.99, Home Furniture, homefurniture.ca.



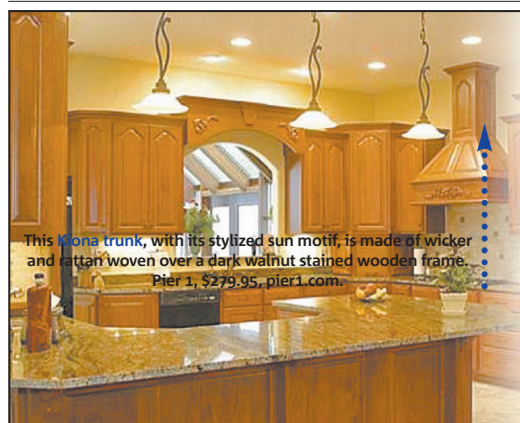
This Kiona trunk, with its stylized sun motif, is made of wicker and rattan woven over a dark walnut stained wooden frame. Pier 1, \$279.95, pier1.com.



The 100% wool KATTRUP rug is flat woven and handcrafted; each one is fully reversible and totally unique. Ikea, \$299.99, ikea.ca



Use hand-woven Semar floor screens to divide a large room into smaller more intimate spaces. Pier 1 Imports, \$279.95, pier1.com.



This Kiona trunk, with its stylized sun motif, is made of wicker and rattan woven over a dark walnut stained wooden frame. Pier 1, \$279.95, pier1.com.

GRANITE COUNTERTOPS

For about the same price as Laminate!
Choose from over 50 colours of premium quality granite
More affordable than you might think!

Showroom: 782 Bronson Ave. (parking at rear)
FREE ESTIMATES, CALL FOR APPOINTMENT
613-715-1234
www.bulgarigraniteandmarble.com

bulgari
GRANITE & MARBLE

Style



Barbie's back in Town

After a successful run last spring, the Barbie by Town Shoes collection is back with a new set of styles for fall. This exclusive collection features glamorous peep toe pumps, zebra platform booties and even over the knee boots as well as purses — all inspired by the trendsetting doll. Prices range from \$59.95 to \$275. To see the entire collection visit townshoes.com.

METRO NEWS SERVICE

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Tousled, big and wavy 'dos

Bed head, retro curls make a comeback on the runways

ANDREA WOO
For Metro Canada



Good news for the fashionably inclined but stylistically challenged: Casual hair is back in style.

At the recent London, Paris and Milan fashion weeks, tousled locks were big on the runways, with many models sporting loose waves and messy buns.

"It's very free hair this season," said Toronto-based celebrity hairstylist Jie Matar, citing Chanel and Prada as fashion houses adopting the look for their models. "Mostly, we used to see sleek and coiffed hair, but not this season. This season's all about tousled, big and wavy. Victoria Beckham is not the look anymore."

Cherie Grass, senior stylist and educational director at Vancouver's Toni & Guy salon, says accompanying the retro waves are defined centre or side parts and often a lot of back-combing to create volume at the crown.

"They're looser, more combed out and messy," said Grass of this season's looks. "There's definitely a '60s feel."

As for colour, Matar says streaks and highlights are out, being replaced with all-over colour in warm, rich hues such as caramel, cinnamon, gold and copper.

Tania Becker, co-owner of Vancouver's Moods Hair Salon, has styled hair for the runway shows of the Paris

and New York fashion weeks for 14 seasons. She agrees that this fall, the trend for hair colour is warmth.

"Brunettes are leaning towards warm chocolate tones, blonds are trading ash and platinum shades for honey or golden hues," said Becker. She adds that the most influential colour is red: "(Model) Coco Rocha caused a buzz when she showed up on the fall and winter runways with her

new, rich, copper hair."

Canadians wanting to incorporate the European trends into their daily look should invest in a good, layered cut, as styling can be fairly minimal.

"The most important thing is to cut it in a very tailoring technique," said Matar. "Add a lot of layers that can give it an illusion it's one length at the back — to

the shoulders — and at the same time (do) a lot of teasing on the crown."

For easy texture and volume, Becker recommends generously spraying dry hair with hair-spray or setting spray, doing four or five large braids and sleeping on them overnight.

"In the morning, take the braids out and shake it out," she advised.



CHRISTOPHE FANFANI/ASSOCIATED PRESS

Above: Retro waves with a defined side part was a big trend seen on the fashion runways this season. Here a model sports the look during Alena Akhmadullina's show at Paris Fashion Week earlier this week. Also predominate were messy buns and tousled updos. Far left: Chanel's Pret a Porter show in Paris. Left: Fendi's spring/summer 2010 collection, presented in Milan last month.



GETTY IMAGES

LUCA BRUNO/THE ASSOCIATED PRESS

Weathering the storms of DEPRESSION alone?

Feeling sad or down, losing interest, lack of energy and concentration? You may be eligible to participate in a specialized research study and receive treatment.

For more information contact Wendy Fusee
wendy.fusee@rohcg.on.ca • 613.722.6521 ext. 7828

All research protocols have been approved by the Research Ethics Board.



University of Ottawa
Institute of Mental
Health Research

RECOMMENDED BY METRO READERS

Top 5 Chiropractors



Beechwood Village Chiropractic

"Makes me feel like a new person! I won't go anywhere else."



Dr. William Robinson

"Dr. Robinson has helped me get from extreme daily neck and knee pain to a pain-free active lifestyle."



Britannia Chiropractic Clinic

"I have always received excellent care."



Dr. Paul Groulx

"When I have pain, I go in for a visit and come out feeling much better."



Dr. Pauline So

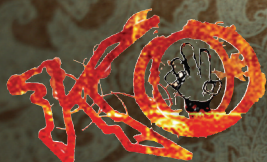
"This one's not just a 'back-cracker' - she's the real deal."

Visit metronews.ca/gigpark for thousands of reader recommendations

Powered by **metro** and **gigpark**

CDWAREHOUSE.CA

Don't miss



Live Tonight @ The Live Lounge
128 York Street, Byward Market

CD Warehouse Locations:

Kanata Ottawa - New Clearance Centre Nepean
599 Terry Fox Dr - 613.599.4700 | 1717 St. Laurent Blvd. - 613.523.0110 | 1383 - Clyde Ave. - 613.225.9027

2009 Canadian Independent Record Store Of The Year



Specially Priced at **\$9.99**



CLIP ART

Brian Phillips, a Toronto-based hairstylist and owner of WorldSALON, on how to wear hair accessories:

● "The right hair accessory can up your cool quotient instantly," says Phillips, "but if you're going to wear a statement hairdo with bling, pare

down your outfit." ● Try out a few different options, depending on what you want to achieve, says Phillips. A tortoiseshell comb or an old-

fashioned brooch (sewn to a hair clip) adds sparkle, and simple accessories like an extra-long shoelace or a handful of bobby pins make

an edgy statement. ● Lim' the glitter to evening. For day, a subtle headband, leather string or barrette looks casual but polished.



Emily Elizabeth Jewelry Kimberley hair comb (\$77)

To read these stories and more, visit: ellecanada.com



Banana Republic 3-Diamond headbands (\$40 each)



Anthropologie Gossamer clip (\$18)

THE BUSINESS OF GENIUS



A master of drapery and cloth, Christian Dior was also as savvy as a tycoon about the business side of fashion. That's the idea behind Dior, a new book by Alexandra Palmer, a fashion scholar and senior curator at the Royal Ontario Museum. Palmer traces the brand's history between the pivotal years of 1947, when the landmark New Look collection launched, to 1957, when the designer died. "Dior was a magic word," says Palmer. "It was buying into a dream, the magic of Paris. Anything associated with him was gold."

RunwayBeauty

Ashley Rebecca

Read the blog at metronews.ca/blogs

breathing room for a tight budget

A \$25 GIFT CARD JUST FOR YOU!

WITH EVERY \$100 SPENT ON ALL OUR FABULOUS FASHIONS.
HURRY! OFFER ENDS OCTOBER 17TH 2009.*

* Before taxes. Some conditions apply. See stores for details.

www.reitmans.com

Reitmans
 Designed for real life.®

Elvis' grandson signs record deal

Elvis Presley's teenage grandson has landed a record deal worth \$5 million US. Benjamin Presley has landed a five-album contract with Universal, and has already started work on his first LP, which he hopes to release next year. **METRO NEWS SERVICES**

19

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

Gaga Gossip

Lady Gaga will appear on an upcoming episode of Gossip Girl, according to the New York Daily News. The singer is said to be playing herself.

METRO NEWS SERVICES

Michael Bublé's Crazy Love

Michael Bublé

Album: Crazy Love
Label: Reprise/Warner
Rating: ⓈⓈⓈⓈ

BY NOW, most people know what to expect from Michael



Bublé — sweet crooning, pop standards, and light jazzy sounds. But somehow, the artist can still surprise. Crazy Love is the Vancouver singer's most diverse record. He tackles both Cry Me a River, a bouncy love song by Arthur Hamilton, and Ray Charles' Georgia on My Mind, which features the smokiest vocals of his career. He ends the disc with a fantastic cover of Ron Sexsmith's Whatever it Takes. Whatever you think of the guy, Bublé does his thing better than almost anyone else.

Bryan Borzykowski/for Metro Canada

Toby Keith

Album: American Ride
Label: Universal
Rating: Ⓢ

TOBY KEITH HAS become the Rush Limbaugh of country music.



His blinkered ideal of the American dream is under threat from the "wave comin' cross the Mexican border," weak-kneed liberals wanting to "bust" people for singin' Christmas carols, consumer protectionists suing hamburger joints for spilled coffee and paranoid environmentalists worried about aerosol cans. Patriotism is defined by killing Iraqi "sons of bitches" in "low-water ditches." Keith's world view is portrayed in no uncertain terms in the songs that bookend his new CD. The opening track is sure to be a hit among those who have problems differentiating between Obama and Osama, while the closer, Ballad of Balad, is a stars-and-stripes groaner tooled to make one believe that every U.S. foreign policy blunder is justified by the sweat of the average American grunt.

Graham Rockingham/for Metro Canada

MusicReviews

music@metronews.ca

Matthew Good

Album: Vancouver
Label: Universal
Rating: ⓈⓈⓈⓈ

VANCOUVER

NATIONAL ANTHEM should be the official song of the 2010 Olympics. Matthew Good tears into the touristy tinsel wrapped around his hometown to reveal something sinister lurking below the snow caps. Good sings about the horrors of Vancouver's downtown eastside through the zombie eyes of the people who inhabit it. "We all live downtown/Step Over Ourselves," goes the chorus. Keep it in mind when you watch the figure skating live from GM Place. But this album is not all about politics. Good uses the city that has nurtured his muse as a canvas on which to squeeze out some more personal demons. Some of it is even sentimental. All in all, Good remains angry, angsty and relevant.

Graham Rockingham/for Metro Canada

Kiss

Album: Sonic Boom
Label: Roadrunner
Rating: ⓈⓈⓈ

THERE'S NO

GOOD reason why Kiss is releasing a new disc — the follow-up to 1998's Psycho Circus. Most people like the old tunes, and the recent music doesn't sound any different than those hits (besides being worse). In some ways, it's admirable that they care enough about themselves as musicians that the band members want to work on a new album, but they know where their bread and butter lies — an accompanying disc is loaded with classics. In the end this album is for the die-hards; casual listeners should stick to one of Kiss' greatest hits records.

Bryan Borzykowski/for Metro Canada

Backstreet Boys

Album: This is Us
Label: Sony Music
Rating: Ⓢ

LET'S DEAL with the title of this album. Surely it can't be grammatically correct? Shouldn't it be This is We? Or even Those are We? We'd grant the Backstreet Boys the artistic license to break the language rules, of course, if there was (were?) any art contained on this ... this ... thing. We're not asking for cliché-breaking lyrics just some dance beats that won't drive us up the wall. We should at least expect vocal



Crazy Love is the most diverse record of Vancouver singer Michael Bublé's career.

harmonies that sound something more than machine generated. The low point is a track called PDA. The letters are supposed to stand for Public Display of

Affection, but the song contains all the emotion of a Personal Digital Assistant. Who is going to buy this album? A lot of 20-something women trying to relive

their adolescence.

Graham Rockingham/for Metro Canada

Listen to this week's reviewed music at metronews.ca/music

**Anniversary Sale!**

We have items on sale all month!

**Anniversary Sale!**

PLUS weekly specials!



Join us as we celebrate our **2nd Anniversary!**
This weeks Special Lingerie
30% to 75% off



Corsets, Bustiers, Babydolls, Chemise, Bra sets, Costumes and Men's Underwear



To celebrate our anniversary we are selling 100 We Vibes for only \$99 each. Bring in this ad to get yours. This promotion cannot be combined with other offers or coupons. Coupon Valid until Oct 30th.

1239 Wellington St. near Holland Ave. 613.761.6060

www.tuesdaystheromancestore.com

Mel Gibson has won a court battle to clear his conviction for a notorious 2006 drunk driving incident from the police record, now that he has finished his three years of probation. **FEMALEFIRST.CO.UK**

New disc is a Good homecoming

In 'Vancouver,' rocker explores his relationship with his native city

KEITH CARMAN
for Metro Canada

"Hospital Music was cathartic. This album is getting it off my chest," declares solo rocker Matthew Good about the relationship between his last effort and his current offering, *Vancouver* (Universal).

To Good, both albums are incredibly personal, albeit on disparate levels. Where 2007's *Hospital Music* was created as Good came to terms with a long-standing medical condition, *Vancouver*, which was released this week, is slightly more relaxed. It relays his experiences, sentiments and aspirations for the city he has grown with over two decades.

"When you live somewhere for so long, you see everything: the good and the bad," he continues. "You can't dispel one for the other, which is why even people who claim to hate a city still have fond



Matthew Good aims to show the best and worst of Vancouver.

memories in it. You have to focus on both of those emotions, and this album does just that.

"In this city alone, I've lived everywhere from nice neighbourhoods to the poorest one in Canada. I've watched Vancouver turn from an edgy scene with a great arts and music

community to [the point] where those communities have been stifled. Some people call that progress, but I call it a cultural loss."

Despite the city's "loss," Good's commentary on the current state of Vancouver proves his creativity is at an all-time high. From the straightforward



flow of *Last Parade* through *Great Whales of the Sea* — a song he crafted while tinkering with authentic whale sound bites — the album's 10 tracks are a strong step forward from Good's already solid body of work.

"I have a definite affinity for grandeur, especially orchestral arrangements. I'm a massive sucker for that," he says with a smile. "The songwriting is progressive compared to the last record, depending on how you define that. You can go off the deep end and be experimental, but I focus on the emotive quality of songs. That's where I find the progressive aspect of

my work. You can listen to *Hospital Music* and it emotes a certain feeling, and I wanted this record to emote its own unique feeling."

Good offers his own means of evaluating his distinct work, be it Vancouver's slightly removed point of view or *Hospital Music's* intimacy. But he's careful to allow listeners to derive their own personal meanings from his compositions.

"I equate it to weather," says Good. "Almost every song of my career feels like a weather condition. That's the perfect backdrop for a song."

"For this album, well, it depends. Some songs are calm and still, quiet and contemplative, where others are a lot of wind and a looming rainstorm. There are grey days, hot days."

"Ultimately, though, it's subjective as to how people view it. Sometimes it's best for people to take it as what it is and apply it to their own lives."

Hudson to make holiday TV special

TELEVISION Jennifer Hudson will return to her hometown, Chicago, for an ABC prime-time special called *Jennifer Hudson: I'll Be Home for Christmas*, airing in December. The 28-year-old singer and actress will share childhood memories of the music, people and places that set the stage for her career. Musical performances will be filmed throughout the city.

Anna Nicole Smith was probed by FBI

MURDER PLOT The FBI investigated whether Anna Nicole Smith plotted to kill her tycoon husband's son as they battled for his father's fortune, newly released files show, but the former Playboy Playmate was never prosecuted. Records show the agency investigated Smith in 2000-2001 for an alleged plan to kill E. Pierce Marshall. **THE ASSOCIATED PRESS**

Plaskett scores four folk award nods

MUSIC Halifax singer/songwriter Joel Plaskett has earned a leading four nominations for this year's Canadian Folk Music Awards. Plaskett is up for Contemporary Album of the Year (for the triple album *Three*), Solo Artist of the Year, Producer of the Year, and the "Pushing the Boundaries" award. Montreal ensemble OktoEcho is next with three nods. The prizes will be handed out Nov. 21 at the Canadian Museum of Civilization. **THE CANADIAN PRESS**

critics' corner

According to Jim Ozzie and Harriet are spinning in their graves. And at a nearby gravesite, a funeral is being held for our old friend, the family sitcom — the kind the whole family could watch. Those were the days. These aren't, as evidenced by sitcom episodes such as this, which finds Jim and Cheryl (Jim Belushi, Courtney Thorne-Smith) getting caught engaging in, um, a very adult form of recreation for two on the set of the school Thanksgiving play. School. Thanksgiving. Play. Is nothing sacred? Sheesh. And ewww. 9:30 PM on 43 CMT



The Mentalist

After Lisbon (Robin Tunney) is accused of murdering a paroled child molester she had arrested, Jane, Cho, Rigsby and Van Pelt (Simon Baker, Tim Kang, Owain Yeoman, Amanda Righetti) decide to conduct their own investigation into the killing in the new episode "Red Badge." Christian Clemenson, Kyle Davis and Jake Busev guest star. 10 PM

In brief

LIVE MUSIC Chicago rock band Wilco has announced a Canadian tour in 2010, including stops in Vancouver, Edmonton, Calgary, Saskatoon, Hamilton, London, Ottawa and Halifax. **UPDIKE** Harvard University has acquired the manuscripts, correspondence, and other papers of the late author John Updike. **THE ASSOCIATED PRESS**

Kenya'sStyle

Kenya Hunt Read the blog at metronews.ca/kenyasstyle

| OT | Vu | SC | C | 7:00 | 7:30 | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 |
|-----|-----|-----|---------------|--|------------------------------|--------------------------------|---|-------------------------------|------------------|-------|-------|-------|
| 265 | 353 | 2 | TVO | Super Structures (N) | The Agenda With Steve Paikin | The Jury (Part 2 of 6) (N) | Masterworks "Stolen" | 90210 (HDTV) (N) | News Final | | | |
| 211 | 331 | 3 | GTV | ET Canada | Survivor: Samoa (N) | The Office "Niagara" (N) | 3600 secondes d'extase (SC) | Le Téléjournal Nouvelles (SC) | La Zone (SC) | | | |
| - | - | 5 | SRC | Virginie (SC) | Enquête (HDTV) (SC) | FlashForward (HDTV) (N) | Fringe (HDTV) (N) | Grey's Anatomy (N) | The Mentalist | | | |
| 209 | 342 | 6 | CHRO | TMZ (N) | CSI: Crime Scene Investgtn. | The Border "The Dead" | The Office "Niagara" (N) | The Jay Leno Show (N) | News | | | |
| 196 | 311 | 7 | CTV | The Vampire Diaries (N) | Doc Zone "First Flight" | Community (N) Parks-Recreat | The January Man ** (1988, Crime Drama) Kevin Kline. | Private Practice (N) | Comedy Now | | | |
| 208 | 303 | 8 | CBC | Wheel-Fortune Jeopardy! (N) | Community (N) Parks-Recreat | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | | | |
| - | 360 | 9 | NBC | Wheel-Fortune Jeopardy! (N) | Community (N) Parks-Recreat | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | | | |
| 117 | 713 | 10 | TVA | La Fière de la danse (SC) | Dieu Merci (N) (SC) | Catherine (SC) Bob Gratton | Quai des orfèvres *** (1947, Polici) Louis Jouvet. | Clipperton | Two/Half Men | | | |
| - | - | 11 | QS | Taxi payant | Rire et délire | Survivor: Samoa (N) | CSI: Crime Scene Investgtn. | The Mentalist (HDTV) (N) | Two/Half Men | | | |
| 137 | 763 | 12 | TFO | Panorama | Survivor: Samoa (N) | Omni News: S. Asian Edition | Omni News: Cantonese Edition | The Jay Leno Show (N) | News | | | |
| - | 362 | 13 | CBS | The Insider (N) | Judge-Brown | Omni News: Italian Edition (N) | Vivre V | The Simpsons | King of the Hill | | | |
| 216 | 395 | 14 | OMTV | Family Guy | The Office | Omni News: Italian Edition (N) | Vivre V | The Simpsons | King of the Hill | | | |
| 214 | 344 | 15 | CITY | Law & Order: SVU | Community (N) Parks-Recreat | Omni News: Italian Edition (N) | Vivre V | The Simpsons | King of the Hill | | | |
| 115 | 343 | 16 | CFMT | Two/Half Men | The Simpsons | Omni News: Italian Edition (N) | Vivre V | The Simpsons | King of the Hill | | | |
| 218 | 345 | 18 | CHCH | Love Don't Cost a Thing ** (2003, Romance-Comedy) | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| - | 361 | 20 | ABC | Action News | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 512 | 396 | 24 | CPAC | La Période de questions | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 561 | 355 | 25 | CTS | Little House on the Prairie | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| - | 365 | 36 | FOX | TMZ (N) | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| - | 64 | PBS | Business Rpt. | Adirondack | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 205 | 312 | 104 | CTV | The Vampire Diaries (N) | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 290 | 390 | 26 | NW | CBC News | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 500 | 500 | 33 | CNN | Lou Dobbs Tonight | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 406 | 417 | 27 | net | NHL Hockey New York Islanders at Ottawa Senators (HDTV) (Live) | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 126 | 730 | 28 | RDI | 24 Heures en 60 minutes | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 400 | 280 | 30 | TSN | Golf: Presidents Cup | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 410 | 403 | 52 | SCR | Score on NFL | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 411 | 457 | 56 | OLN | Ghost Hunters | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 417 | 406 | 59 | SC | (6) Barrett-Jackson Automobile Auction From Las Vegas (Live) | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 554 | 544 | 48 | TEL | Stoked | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 557 | 540 | 51 | FAM | Wizards-Place | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 551 | 542 | 65 | YTV | Drake & Josh | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 570 | 580 | 29 | MTM | The Daily Fix | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 515 | 520 | 31 | A&E | Criminal Minds (HDTV) | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 628 | 584 | 32 | SPKE | CSI: Crime Scene Investgtn. | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 521 | 560 | 34 | TLC | Police Women of Broward | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 145 | 761 | 35 | TV5 | Les Peuples du soleil | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 616 | 521 | 39 | BVO | The Outer Limits | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 620 | 523 | 40 | BVO | Storytellers | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 520 | 505 | 42 | DIS | Daily Planet (N) | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 575 | 583 | 43 | CMT | Funnist Home Videos | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 601 | 562 | 45 | SJC | Rich Bride, Poor Bride | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 625 | 548 | 46 | COM | Air Force | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 294 | 529 | 47 | TBS | Family Guy | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 600 | 564 | 49 | HGC | House Hunters | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 627 | 528 | 50 | S&P | Stargate Atlantis | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 581 | 566 | 53 | MTV | Over the Boats | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 618 | 524 | 54 | TROP | Seinfeld | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 522 | 506 | 55 | HIS | Ice Road Truckers | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 129 | 773 | 60 | CD | Docu-D "Barack Obama" | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 261 | 394 | 61 | V | Murder, She Wrote | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 602 | 567 | 62 | W | Old Christine | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 269 | 590 | 70 | APLN | Wapros Bay | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 621 | 527 | 71 | TKT | Look-A-Like | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |
| 603 | 561 | 95 | FN | Ricardo | FlashForward (HDTV) (N) | L'Heure politique | Revue | Periodic-quest. | Two/Half Men | | | |

Last-minute cooking tips before Thanksgiving

If turkey is frozen, allow enough time to thaw (5 hours per 500 g/1 lb) in the refrigerator or 1 hour per 500 g (1 lb) when submerged in cold water. Be sure to remove the bag of giblets hidden in the turkey before cooking. **THE CANADIAN PRESS**

entertainment **21**

★★★★★ INSPIRED; ★★★★ VERY GOOD; ★★★ PALATABLE; ★★ HO-HUM; ★ NEVER AGAIN

High quality fare at Wellington St. pub

SHARI GOODMAN

OttawaUrbanFoodie@gmail.com

The Wellington Gastropub
1325 Wellington St.
thewellingtongastropub.com
(613) 729-1315

Signature Drink:

Local Beer

Signature Dish:

Changes Daily

Rating: ★★★★★**Dinner & drinks for 2:** \$90

Mouth-watering food in a

warm, comfortable and animated atmosphere depicts the Wellington Gastropub. The menu changes almost daily keeping things fresh and interesting for return visits, which is something I plan to do many times.

As a starter, I ordered the squash soup (\$7) with maple undertones and a drizzle of foamy cream. My partner ordered the caramelized onion bread pudding with bacon, a poached egg and barbeque

On the web

- Get recipes and more great food content at metronews.ca/food

hollandaise (\$10), a comforting, though rich starter, bringing a nibble of breakfast to dinner.

For the main, I had a succulent pickerel with wild rice, mushrooms and corn (\$25). The dollop of citrus emulsion was whipped and lemony, like a light-

ened mayonnaise. A burst of sweetness from the corn was refreshing among all the earthy wild rice and mushrooms; however, more vegetables on the side would have been welcome. My partner had beer-brined pork rack with roasted potatoes and sun-dried tomato and hazelnut pesto (\$26) cooked to perfection medium rare and flavourful.

For dessert we shared a sticky toffee pudding with ginger ice cream (\$7).



Lake Erie Pickerel on wild rice, mushrooms and corn (\$25)

Sticky. Toffee. Pudding. I love those three words together and they didn't disappoint on the taste buds.

Based on the name you might expect typical pub fare, but what you'll get is a fine bistro experience.

Global Peasant blog online

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.

- Check out metronews.ca/globalpeasant for a recipe of Biscotti with Lemon and Anise Seeds



Dining out

CANVAS RESTO-BAR-ETC.

This restaurant features local, organic and free-range ingredients. It is also partnered with the GCTC and their TheATre Restaurant Partnership Program. Located just two blocks north of the theatre, Sunday brunch runs to 3 p.m. and includes eggs Benedict with duck prosciutto and a frittata of the day along with other house

specialties. 65 Holland Ave. (613) 729-1991

ABSINTHE CAFE RESTO-BAR

This is the go-to restaurant for Ottawa's best steak frites. It also features a "100-mile menu" with local meats, cheeses and produce from eastern Ontario and western Quebec, prepared with classical French culinary techniques. 1208 Wellington St. (613) 761-1138

In brief

GIVE to The Ottawa Mission's Holiday Thanksgiving Dinner being held this Monday from 11:30 a.m. to 5:00 p.m. Dinner served to the homeless and the hungry. Volunteer or contribute by contacting (613) 234-1144 ext. 297 or ottawamission.com.

DINE & DONATE at Casey's Grill • Bar and a portion from every item sold from the feature menu will be donated to the OAFB and Banques alimentaires Québec to be shared with participating local food banks.

that's Tab-rific.

Get a phone from \$0 with no fixed-term contract with the one and only Tab.

Get a phone for as little as \$0.¹

Pick any Koodo mobile phone

Put \$150 of the retail price on your Koodo Tab

Pay off your Tab by using your phone

koodomobile.com

You pay no System Access Fee.

koodo
mobile™

Good call

AudioTronic

BEST BUY

FUTURE SHOP

Walmart

Zellers

koodo
shop

Ottawa
Billings Bridge Plaza
Carlingwood Mall
Les Galeries de Hull
Place d'Orleans
Promenades de l'Outaouais
Rideau Centre
St. Laurent Centre

Belleville
Quinte Mall

Kingston
Cataraqui Town Centre

(1) Subject to approved credit.



Levi Johnston is getting ready to bare all. "Team Levi is in the process of preparing for his Playgirl appearance," his lawyer Rex Butler tells usmagazine.com. "He is in the gym six days a week for the next three weeks." **METRO NEWS SERVICES**

Baby daddy buffing up

Celebrity Buzz

Celebrity tweets

Jamie Kennedy has health concerns of his own, **Miley Cyrus** is doing great despite what you may have read, and **Rivers Cuomo** has a handy way to avoid disappointment.

- @jamiekennedy does anyone else feel like they have pig flu, mixed with sars???
- @miley Cyrus I'm the happiest I've ever been & for that my family's SO grateful. So for LAME bloggers that don't know what they're talking about SHUT UP!
- @riverscuomo It's good to be humble. That way you don't feel so bad when you do something stupid.

METRO WORLD NEWS



Beyoncé speaks out on scandal

NO, NO, NO The other woman at the centre of the Kanye West Video Music Awards shout-out scandal is finally speaking out, people.com reports.

Beyoncé Knowles, whose loss to Taylor Swift in the Best Female Video category prompted West to storm the stage and steal the microphone from Swift at the Sept. 13 ceremony, says she understands the rapper's motivation.

"Well, I knew his intentions, and I knew he was standing up for art; and he told me before, when they said the nominees, he's like, 'You have this award,'" she told O: The Oprah Magazine editor-at-large Gayle King.

"When they didn't call my name he was, like, completely shocked,"

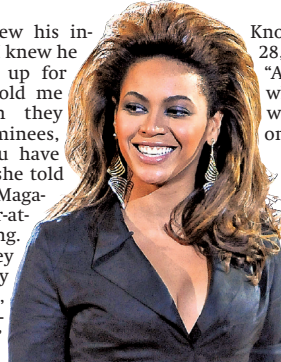
Knowles, 28, added. "And when he walked on the stage, I was like, 'No, no, no!' and then he spoke,

and I was like, 'Oh, no, no, no!'"

When Beyoncé won Video of the Year later that evening, she called Swift back on stage to let the country star finish her speech.

"In the end, it ended up being a great night, and Taylor Swift did get her moment — and I didn't have to make an acceptance speech," Knowles said.

METRO NEWS SERVICES



Kelly burns and not in a good way

OUCH Kelly Osbourne is furious at a British body spray brand that left her with burn marks all over her body, resulting in a quick wardrobe change for her latest appearance on Dancing with the Stars.

METRO NEWS SERVICES



Trouble in paradise for Brangie?

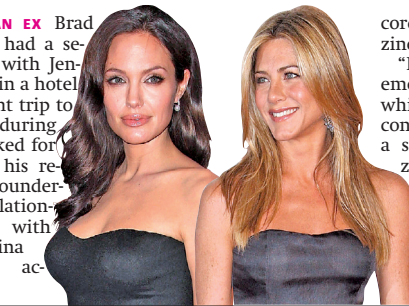
TURNING TO AN EX Brad Pitt allegedly had a secret meeting with Jennifer Aniston in a hotel during a recent trip to New York during which he looked for advice about his reportedly floundering relationship with Angelina Jolie, according to Grazia maga-

zine.

"Brad was unloading his emotional baggage on Jen, which isn't exactly fair considering their history," a source tells the magazine.

"She was quick to tell him she wanted no part in his breakup with Angelina."

METRO NEWS SERVICES



She'll always have Vegas

HO HUM Paris Hilton has grown tired of the L.A. party scene. "I work so much, I have to get up at 6 a.m. every day, so I don't really have time to be going to clubs like I used to," the heiress explains on her Twitter account.

She admits when she does go out, what's become of the scene leaves her feeling cold. "I went out the other night and it was brutal — I didn't have fun. But Vegas is fun, we always have fun in Vegas."

METRO NEWS SERVICES



Usher ushers out past with new album

MAKING LEMONADE When life hands you divorce ... turn it into a hit song?

That seems to be Usher's strategy with his still untitled new album, people.com reports.

He's taking an equally adversarial tone in his lilted first single, Papers, in which the R&B star sings that he's ready to move on.

The tune, which premiered online this week, references pivotal moments in Usher's personal life, including his decision to fire his mother as his manager. "I gave my heart and turned my back against the world 'cuz you were my girl," he sings, continuing, "I done damn near lost my mama/I done been through so much drama/I done turned into the man I never thought I'd be/I'm ready to sign them papers."

The singer filed his divorce petition in June. Usher's sixth album will be released on Dec. 8.

METRO NEWS SERVICES



EVERYTHING YOU CAN IMAGINE FOR HALLOWEEN



WIN a trip for 2 to Star Wars Celebration 5!

SpiritHalloween.com

3 LOCATIONS IN OTTAWA

2148 Carling Avenue
(across from Carlingwood Mall)

St. Laurent Centre (1st floor)

255 Elgin Street (at Cooper)

613.715.9999

20% OFF

Bring in your email address to get a 20% off coupon emailed to you and your friends.

Federline skipped out on rent, trashed place, says owner

BUTTS AND BEER The owners of the Tarzana, Calif., home where Kevin Federline was staying until May are after him for six months of unpaid rent and for trashing the house, according to TMZ. The owners are seeking \$110,661 US in unpaid rent and damages.

The complaint alleges that Federline's poor housekeeping has left gutters full of cigarette butts and beer bottles, permanent spit marks, and drawings on the walls, dismantled smoke detectors, oil marks on the driveway, dead plants and more.

METRO NEWS SERVICES



TomKat's style partnership works for little missus

TOM'S FASHION SENSE Katie Holmes doesn't need to worry about the Fashion Police. She has husband Tom Cruise, usmagazine.com reports.

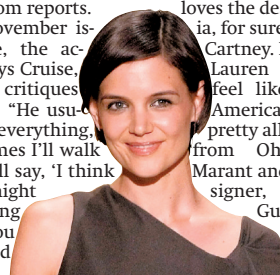
In the November issue of Elle, the actress, 30, says Cruise, 47, often critiques her clothes. "He usually likes everything, but sometimes I'll walk out and he'll say, 'I think that dress might be wearing you. You don't need

that,'" she says.

"Tom has great taste," Holmes gushes.

When it comes to her own style, Holmes says she loves the designer "Alaia, for sure. Stella McCartney. I like Ralph Lauren because I feel like it's very American, and I'm pretty all-American, from Ohio. Isabel Marant and a new designer, Sari Gueron."

METRO NEWS SERVICES



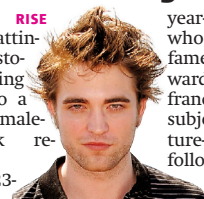
Be still his beating vampire heart

METEORIC RISE Robert Pattinson's life story is being made into a film, female-first.co.uk reports.

The 23-

year-old British actor — who shot to worldwide fame playing vampire Edward Cullen in the Twilight franchise — will be the subject of Robsessed, a feature-length documentary following his rise to fame.

METRO NEWS SERVICES

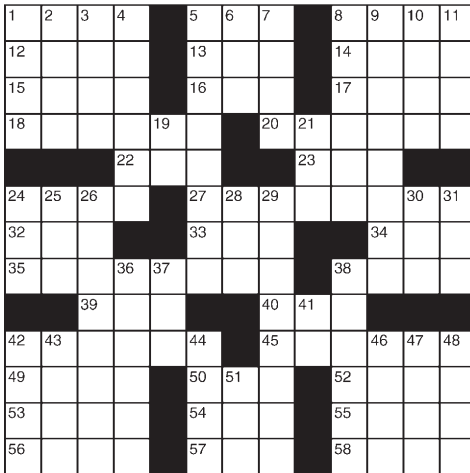




TWN incorporates MSC data

For more delicious Metro recipes, visit: metronews.ca/food

Take Five



ACROSS

1 Head light
5 Send out invitations
8 Lend or Boesky
12 Warrior of legend
13 Prompt
14 Judicial garb
15 Secular
16 Gorilla
17 Many Louvre pieces
18 Quick mission
20 Jousting weapons
22 Wade opponent
23 Tall tale
24 Bankruptcy cause
27 Jewelry container, maybe
32 Past
33 End for mob or text
34 Sapporo sash
35 Positions for favorable viewing

38 Former mates
39 Total
40 Baltimore newspaper
42 Spur
45 Survivor setting, often
49 Laugh-a-minute
50 Smallest prime
52 Chilled
53 Farm fraction
54 Has the wherewithal
55 Antitoxins
56 Requirement
57 Time card abbr.
58 Helen's home

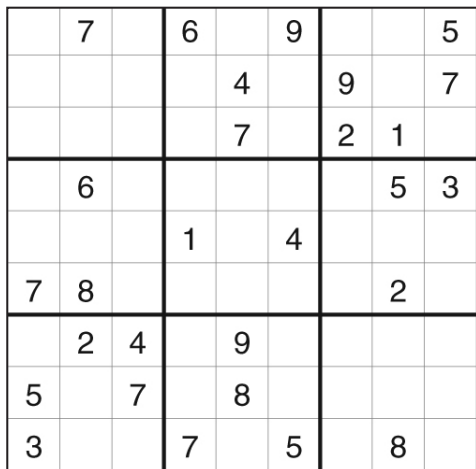
DOWN

1 Robust
2 Open somewhat
3 Den
4 Farm wagon of a sort
5 College life
6 Dine
7 Carina
8 Oddly funny
9 Larynx
10 Competent
11 Capone foe
19 "Just say —"
21 Foreman rival
24 Apply lightly
25 Swelled head
26 Sports-page summary
28 Last (Abbr.)
29 Meetings
30 U.K. award
31 Greek consonants
36 Fit
37 Ambulance worker (Abbr.)
38 Sign up
41 People competitor
42 Persia, now
43 Pleasant
44 Engrave, say
46 Maple genus
47 Infamous lyre player
48 Crucial time
51 Series of skirmishes

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | 9 | 2 | 3 | 1 | 5 | 7 | 4 | 8 |
| 3 | 7 | 8 | 4 | 2 | 9 | 6 | 1 | 5 |
| 1 | 5 | 4 | 8 | 7 | 6 | 2 | 9 | 3 |
| 4 | 2 | 7 | 5 | 8 | 1 | 9 | 3 | 6 |
| 8 | 1 | 9 | 7 | 6 | 3 | 5 | 2 | 4 |
| 5 | 3 | 6 | 9 | 4 | 2 | 8 | 7 | 1 |
| 9 | 6 | 3 | 1 | 5 | 7 | 4 | 8 | 2 |
| 7 | 4 | 5 | 2 | 3 | 8 | 1 | 6 | 9 |
| 2 | 8 | 1 | 6 | 9 | 4 | 3 | 5 | 7 |

On the web

For more games and 60 additional daily cartoon strips, visit metronews.caHoroscopes by Sally Brompton sallybrompton.comFor Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES

MARCH 21-APRIL 20
There's no point blaming yourself for something you couldn't have known was going to happen. So accept that on this occasion you were taken by surprise.

LIBRA

SEPT 23-OCT 23
You don't mind working hard but you are under no obligation to work yourself into the ground for others. You've been taken in by sob stories.

TAURUS

APRIL 21-MAY 21
Pace yourself carefully today because you could easily take on too much and do yourself harm. That applies to both your brain and your body.

SCORPIO

OCT 24-NOV 22
You seem to be under the impression that time is running out and that a mistake you made is now set in stone. That's not true.

GEMINI

MAY 22-JUNE 21
Keep your thoughts to yourself today, especially if you are the kind of Gemini who tends to speak first and contemplate what you've said later, if at all.

SAGITTARIUS

NOV 23-DEC 21
Make sure others know what you're trying to tell them today, because if you get your wires crossed you'll get more than sparks!

CANCER

JUNE 22-JULY 22
The planets warn if you try to do more than one thing at a time you will lose direction, and when you lose direction you lose power too.

CAPRICORN

DEC 22-JAN 20
Listen to what friends say you should do to rectify a negative situation — then do the opposite. What other voices say is irrelevant.

LEO

JULY 23-AUG 23
You could be lulled into a false sense of security about your money situation, making it easier for dishonest types to make a killing at your expense.

AQUARIUS

JAN 21-FEB 18
Be cautious when doing business with people you don't know on a personal level. The planets warn you cannot afford to take risks.

VIRGO

AUG 24-SEPT 22
You may find it difficult to talk to others today but most likely it's only a temporary problem. On the weekend you'll be on the same wavelength again.

PISCES

FEB 19-MARCH 20
Do you read the riot act to someone who's giving you a hard time for no good reason, or do you ignore them? The latter is the better course.

TAKE A BREAK FROM WORK

Visit metronews.ca to watch

metroTube of the day

This day in history

1912: First Balkan War begins: Montenegro declares war against Turkey.
1967: Guerrilla leader Che Guevara and his men are captured in Bolivia.
1969: The opening rally of the Days of Rage occurs, organized by the Weather Underground in Chicago.
1982: Poland bans Solidarity and all trade unions.
2005: Martha Stewart begins her prison sentence after being convicted of securities fraud, obstruction of justice, and conspiracy in the ImClone stock trading case.

METRO NEWS SERVICES

FLIGHT CENTRE Unbeatable

Southern California Air + Car
\$499
+ taxes & fees \$128

INCLUDES airfare into San Francisco, return from San Diego and 7-day car rental with unlimited mileage.
Departs daily in November/gvg/aa.

1 866 720 4853 | flightcentre.ca

Conditions apply. Ex: Ottawa. Package prices are per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. gvg=go, aa=american. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384



Spicy Szechuan Pork or Chicken

Submitted by Kyle Longbotham, Summerland, B.C.

INGREDIENTS:

1 lb boneless pork loin (chicken would also work)
1 tbsp oil
1 bag store-bought broccoli or cole slaw, your choice
1 red pepper, julienne style
1/2 cup water
1/2 cup spicy Szechuan sauce (if you don't like it too spicy, only use 1/4 cup)
1 tbsp honey (more if you like it sweeter)
2 cups jasmine rice

METHOD:

1. Cook jasmine rice as the package directs.
2. Slice pork or chicken into strips.
3. Heat oil in heavy skillet or wok. Add broccoli or cole slaw and stir-fry 2-3



20 Minute Supper Club helps you get dinner ready in a snap at 20 minutes! supperclub.com. Visit 20minutesupperclub.com/metro to be entered to win a \$50 President's Choice gift certificate!

TRAIN FOR AN EXCITING CAREER

Fitness and Health Promotion **NEW!** Diploma Program in Less than 1 Year!

Searching for healthier lifestyle choices? Want to incorporate that desire into your career? Benefit from the extensive career choices and growth opportunities created by the demand for personal fitness, wellness and healthy lifestyles.

The increased need and development for personalized fitness solutions has created a high demand for qualified Personal Fitness and Health Promotion Leaders.

Our Program includes:

Industry certifications have become a benchmark used by employers in the hiring process. The Fitness and Health Promotion program helps students achieve CanFitPro certification in the following areas:

- Fitness Instructor Specialist (FIS)
- Personal Trainer Specialist (PTS)
- Nutrition & Wellness Specialist (NWS)

(CanFitPro Testing is completed at our
Campus for all graduates.)

ALGONQUIN CAREERS ACADEMY

Call 613-722-7811

1644 Bank Street, Bank & Heron

www.algonquinacademy.com

